Vigo County

AP Newsfeatures

Community Affairs File

Use of the Ginseng Root Found in Early Records

Is DEC 5 1971

By DOROTHY J. CLARK

As early as the First Century there have been written records concerning the use of herbs in European countries. Considerable knowledge of native plants can be found in such renowned herbals by Stearns (1801); Bigelow (1817); Coxe (1818); Rafinesque (1828); Thomson (1829); Beach (1833); Gunn (1834); etc.

The uses of native plants were also studied in old herbals of the early American settlers and pioneers, such as "The Indian Doctor's Dispensatory" (1812); "The American Domestick Medicine or Medical Admonisher" (1818); "The Sick Man's Friend" (1836); etc. Botanicals used by the American Indians are also recorded in government publications.

The old records tell the Latin and common names, the descriptions, where the plants grow, part used, and how used, when to gather, drying, how to prepare dosage, and other useful information.

DOROTHY J. CLARK

Many of these plants can still be found in your lawn or garden (as "weeds" or flowers) and in nearby fields and forests. These forgotten weeds were put to use by our grandparents and civilization ages before them.

Herbs were used for teas, food - flavoring, dyeing, potpourri and sachet mixtures, aromatic vinegars, tobacco flavors, flavored wines and liquers, homemade cosmetics and medicines.

Ginseng is one of the most expensive botanicals in the vegetable kingdom. In some countries it is regarded as a panacea and most energy-giving, distinguished by the slowness and gentleness of its action.

In one Materia Medica book, ginseng has been mentioned as "a mild sedative and tonic to nerve centers, improving their tone if persisted in, and increasing the capillary circulation of the brain. It is given in cerebral anemia, and if combined with other tonics, is capable of doing some good. It is also prescribed in the failure of digestion incident to nervous prostration and general nerve irritation."

Goldenseal is also one of our most valuable medicinal plants. It is used in the treatment of diseases of the eyes, nose and throat.

The home of American ginseng and goldenseal is the United States and Canada where originally they grew wild in the timbered regions from the Atlantic to the Mississippi. Hunters have exterminated them from most sections, but there are still some places where they exist. They grew in almost every kind of soil; clay, loam or sandy. Well-drained ordinary garden soil will grow ginseng and goldenseal. As these plants originally grew wild in the woodlands they need some shade.

Average roots when mature will be about the size of medium size carrots. As soon as they are dug they should be

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washed, then spread out on screens or floor in an airy place to dry. In three or four weeks they should be bone dry and ready for market.

There is always a good market for the roots. An article by the U.S. Dept. of Agriculture says: "Ginseng is a native product of recognized importance." Even in the depression years of 1932 to 1940 ginseng averaged $4.38 per pound according to U.S. Dept. of Commerce figures. The last four years it has fluctuated around $12.00 per pound for average root up to $16.00 per pound for top grade. The past ten years goldenseal root has been selling from $1.50 to $8.00 per pound. The leaves and tops of goldenseal also sell for 20 cents to 40 cents per pound. The tops of ginseng are not marketable, only the roots.

In the Fall of 1901, J. S. Davis, East Court Street, Paris, Ill., a gunsmith, shipped by express to Zanesville, Ohio, a barrel of ginseng. The barrel in which the herb was shipped contained 66 lbs. worth on the 1901 market $6 per lb., or nearly $400 total value.

Mr. Davis had been collecting ginseng for years, from the banks of Brouillette Creek and in other parts of Edgar County. Many farmers and trappers of the area sold to Mr. Davis for $2 to $5 a lb., making his average profit about $3.50 per lb. or about

Continued On Page 5, Col. 1.

Dorothy Clark

Continued From Page 4.

$200 for the consignment.

In 1965 the theft of 100 lbs. of ginseng root was reported at Paoli, Ind. This shipment of the medicinal herb was stored pending shipment to Hong Kong and was valued at $2,750, which figures out to $27.50 per lb.

The dry ginseng root can be purchased by those who care to chew it or use the ground root as a tea. Seeds and young plants are also available for those who wish to grow ginseng as a money-making crop.

Anyone interested in the subject of ginseng can find interesting and useful information on file at the Historical Museum.

Use of the Ginseng Root Found in Early Records

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Continued On Page 5, Col. 1.

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Herb Gardens Forerunners Of Today's Drug Stores

Community Affairs File

Ts AUG 6 1972

By DOROTHY J. CLARK

Since there were no corner drugstores in early times, home-grown herb gardens provided the wonder drugs of the day. And since physicians were few and far between, it was, of necessity, an era of do-it-yourself medicine.

The most popular books of that time were herbals. For example, a prized herbal was that written by Dioscorides in the first century which listed 500 medicinal plants and what they cured. These medieval best-sellers told how man might "be helped with green herbs of the garden and weeds of the field."

With book in hand, the medieval housewife planted a garden of herbs that hopefully would help her cope with anything from snakebite to influenza. Many of the plants are familiar to us since we use them in cooking: sage, marjoram, fennel, caraway, bay leaves and rosemary. Then there were others, quaintly named: sweet woodruff, cowslip, rue, periwinkle and wild flux.

Ingeniously, housewives in those days found many other uses for herbs besides healing. For instance, sweet woodruff when dried has the scent of new-mown hay. Therefore, it was used for strewing on floors, perfuming linen chests, and making garlands for churches on feast days.

Marjoram was a must in the early garden. It was used to flavor soups, meat dishes and salads. This same herb "bound on the head would cure a cold; drunk with wine, it warmed the stomach, comforting digestion." Camomile or rosemary was used to make a "sweet washing water." And mint "rubbed on the teeth will give a sweet smelling mouth."

One highly respected herbalist recommended the distilled water from the leaves and flowers of cowslip as "good against the pain in the head that comes of a cold," a task we would assign today to aspirin.

DOROTHY J. CLARK

Caraway was not only for coughs, it was also "good for the frenzy and for biting of venomous beasts; also it restoreth hair which hath fallen away."

Although many of these old recipes, as they are called, sound odd to us, they have since proved to have a certain medical validity. For instance, centuries before aspirin was formulated, the naturally occurring salicylates found in the bark and leaves of specific trees and plants were used as a pain-relieving remedy. Hippocrates, himself, over 2,000 years ago, wrote a prescription for a tonic made from the bark of a willow tree which contained the same pain-relieving salicylates you find in aspirin today.

But with the discovery of aspirin far in the distant future, the early housewife had to depend on her own instinct and the herbals. When a member of her family had a cold, she boiled up a potent brew of leaves and flowers of fresh borage. For a nervous headache, she made an infusion of primrose root. And for a sedative, there was always a crock of cowslip wine handy.

The time has long vanished when a homemaker finds it necessary to grow an herb

Continued On Page 7, Col. 1.

Dorothy Clark

Ts AUG 6 1972

Continued From Page 4.

garden purely for medicinal purposes. Today it is more likely to be gourmet cooks or enthusiastic gardeners who find it an esoteric and rewarding hobby. But then, how many people today suffer from the "frenzy" or "the biting of venomous beasts?"

One of the most delicious dishes you could imagine is fresh-caught fish grilled on wood embers with a flavoring of wild thyme and parsley. In the autmun there are nuts and brambles, berries and roots, too, that are edible, along with the herbs and brambles.

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Wild spearmint, pennyroyal and spicebush offered fragrant and tasty tea materials. Chicory and dandelions offered roots for roasting and grinding into two of the best coffee substitutes to be found in the wild.

Along the forest's edge spicebushes made spots of flaming color, loaded down with bright red berries. These berries are hardly a delicacy, but they are edible. The spicebush (Lindera benzoin) is a close relative of the cinnamon bush but the berries have an interesting taste of their own. America's pioneer women dried and ground them to flavor pumpkin and mince pies. Some like them on eggs and anything on which black pepper is used. They're good in custard and excellent on buttered toast.

An assortment of seeds of ten old-fashioned herbs used in pioneer Indiana can be purchased at the Museum Shop at our Indiana State Museum, 202 North Alabama St., Indianapolis. Operated by the Indiana Museum Society Volunteers for the benefit of the Indiana State Museum, the little shop carries only items that have been carefully researched and selected because they are pertinent to the cultural or natural history of the state.

A popular item in the Sweet Leaf Sachet (Indian perfume). The aromatic sweet leaf is tied with a double "Indian Knot" in small squares of corn calico. These were used by Indian women to freshen storage containers and were sometimes worn for fragrance and ornamentation. Made by Museum volunteers in the authentic fashion, these are typical Hoosier drawer sachets and make a delightful souvenir for visitors to our state.

Pipe smokers will be interested in the tobacco of Indian "Kinni - kinnick." Here they may purchase five blends still produced in the traditional way by American Indians. Only domestic tobaccos and aromatic plants are used. The Delaware blend is a truly successful blend known for its mild mellow flavor and is approximately 80 per cent tobacco. The Potowatami blend is approximately 35 per cent tobacco plus inner barks and bearberry leaves. The Shawnee blend is one hundred per cent tobacco with very mild aroma. The Miami blend is highly aromatic, about 45 per cent tobacco, and without the sugary sweetness. The Kickapoo blend is a highly aromatic mixture which contains no tobacco. It is excellent for smokers who like to "mix their own."

Early Physicians Added Much to Community Life

Community Affairs File

By DOROTHY J. CLARK

Ts DEC 10 1972

The eldest child of Samuel and Sarah E. Patton, Madge, was born near Sullivan, Ind., in 1869. She was of Scotch and French descent. After finishing the course of the public school, she attended Indiana State Normal for two years. She taught five years in Sullivan before entering Indiana Medical College in 1891 (under the preceptorship of Dr. L. H. Dunning, professor of surgical and clinical diseases of women) and graduated in 1895.

Dr. Madge Patton was the first woman to enter and pass the state examination for hospital positions. She did not accept the position as intern in the City Dispensary, but continued her study in surgery and diseases of women in hospital and post-graduate work until June, 1897, when she selected Terre Haute for her field of work. She was a member of the Vigo County Medical Society.

In November, 1897, she married A. B. Hawkins and became known as Dr. Madge Patton Hawkins. She located in the Rose Dispensary and had a small practice as the male doctors here were very prejudiced against female physicians. She had red hair, however, and was a fighter in more ways than one.

An ardent supporter of Eugene V. Debs, Dr. Madge Patton Stephens (her second marriage was to Wallace W. Stephens) was delegated to get Debs out of prison. Twice she carried petitions to Washington, D. C., and to Atlanta signed by his supporters. One petition, containing over 35,000 names on a continuous roll of paper, and so heavy it required two men to carry it on their shoulders, was secured by a brother-in-law of Debs at the old Bauer's Drug Store in 1920.

Dr. Stephens died in 1954 after 59 years as a local physician.

Another early doctor here was Dr. E. W. Smith who was born on a farm in Johnson County, Ind., in 1858. He completed his course at the University of Nashville in 1876 and located in Indianapolis, devoting his entire time to art and becoming very successful.

DOROTHY J. CLARK

He grew dissatisfied, however, and in 1891 entered medical college at Cincinnati. After graduation he went to Nashville to take special courses in surgery, completing his course at Barnes Medical College at St. Louis in 1893.

Dr. Smith acquired a large practice here in Terre Haute and performed difficult surgery that was reported in medical journals. An expert electrician and electrologist, Dr. Smith devoted his mechanical genius to the construction of electric batteries and X-rays of his own invention for internal diagnosis. He generated and applied ozone in the treatment of catarrh and consumption.

Dr. Benjamin F. Swafford was born in Randolph County, N. C., in 1833. Of Scotch and Welsh ancestry, his education was typical of that day and he largely was self-taught. After the death of his father when Benjamin was only seven, the paternal grandfather cared for him until he was 14. After that there was hard work, privation and self-denial until he became successful.

Graduating from Rush

(Continued On Page 22, Col. 5.)

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Medical College at Chicago in 1858 he was regarded as a fine anatomist. He attended courses of lectures there in 1866 also. He practiced medicine at New Goshen from Aug., 1865 to June, 1874, when he moved to Terre Haute. During the Civil War he enlisted as Second Assistant Surgeon and was mustered out as major surgeon.

Dr. Leo J. Weinstein was born in Cincinnati in 1848, the son of a Russian father and a German mother. He received his preliminary education at Cincinnati, Covington and Dayton, Ohio, and attended medical lectures at Rush Medical College in 1867-68. As an undergraduate he practiced medicine as a country doctor in Piatt County, Ill., until he finally graduated at Miami Medical College in 1874. He moved to Terre Haute in 1878 and except for the time he was studying abroad in 1888 he made this city his home.

From 1887 to 1889 he represented the First Ward on the City Council and served as secretary of the City Board of Health from 1887 to 1891. In 1866, he married Thirza B. Hamilton, daughter of Dr. J. B. Hamilton of Prairieton, and they had three children. The son, Joseph H. Weinstein, also became a physician, graduating from Miami Medical College, and associated with his father. (His widow, 94-year-old Mae Weinstein, is still living at the time of this writing.)

Dr. Stephen J. Young was born in Cincinnati in 1829, educated at Edgar County Academy, Paris, Ill., and graduated from Ohio Medical College in 1851. He settled in Terre Haute where he remained until he enlisted in the Civil War in 1861. On his return in 1865 he located at Paris, Ill. for four years and was coroner of Edgar County in 1867.

Dr. Young moved back to Terre Haute in 1869 and was active in community affairs as well as with his large practice. He was elected to the City Council in 1893 and was instrumental in establishing an abbatoir crematory here. His wife was the former Elizabeth M. Cooper of New Harmony, Ind.

Dr. John Ephraim Link (1839-1912) was born and educated in Floyd County and at Paris, Ill. He entered Rush Medical College at Chicago in 1860 and the next April enlisted as a private soldier in the Twelfth Ill. Vol. Infantry and served three months in the regimental hospital and another three months as Hospital Steward in the 68th Ill. Inf.

On October, 1862, he was appointed assistant surgeon of the 21st Ill. Inf. and became surgeon of that regiment in 1863, until it was mustered out in July, 1864. Much of his time was spent at the hospital at Murfreesboro, Tenn., where he introduced his "hollow cone stumps" (reported to the American Medical Association in 1875, at Louisville, Ky.) and where he was appointed to special service as operating surgeon.

After leaving the Army he attended Chicago Medical College and graduated with his M.D. in 1865. He then established himself in Terre Haute and practiced general medicine and surgery. Widowed twice, his first wife was Mary LaFoe whom he married in 1862. I have no information on the second wife, but his third wife was Margaret Mary Casto whom he married in 1891. (She passed away in 1971, at the age of 102 years!)

Some Pioneer Make-Do Home Remedies and Cures

By DOROTHY J. CLARK

Ts NOV 3 1974

Old-timers still remember having to "make do" with what little they could work out of the land. Living off the land was the way of life. They made their own soap, wore clothes of homespun wool, ate food from the garden, and choked down herbs and home remedies.

In many areas of the country that have been urbanized for generations, these once necessary homecrafts have nearly been forgotten. But in the rural areas, the change was more gradual. Factories replaced the old spinning wheel and looms, coal mines brought jobs and money to the people, and soon stores of all kinds dotted the countryside. Slowly people became less dependent on the land.

Perhaps the swiftest of all the homecrafts to change was that of making home remedies and cures. One senior citizen remembered taking a tea of "old field pennyroyal for colds, . . . tallor and pine rosin for sores, horsemint tea for a fever . . . groundhog grease for an earache and choking."

"For hives on a baby, you used wild rosy roots or what was called Buck Vine. It grows on rocks and has a tiny red berry in the winter. For what they called consumption, they'd take beech bark and a span of wild cherry tree bark, just what you could hold between your fingers . . . you'd say about eight small shavers of bark — and you boiled that all down and you'd take a quart of honey and when you'd boiled that all down to about a quart, you put it with your honey and boiled it down in the honey 'til you just have the quart . . . and it will heal — consumption referred to T.B."

DOROTHY J. CLARK

Some elderly people recall the days when there "weren't any doctors, our mothers were the doctors. You know back then everybody was superstitious and they handed it down to their children, you know."

"Each time you had a child if there was six, seven or whatever there were, you'd take and have 'em "scarified" to keep them from dying of "bold Hives." This old woman would take a straight razor and make a little place on its back and hold a thimble and squeeze it till a little drop of blood went in the thimble, then the child would never die of bold hives . . . when what was really killing the babies was the mucus in the neck. They usually stand them on their head in a nursery now. Then if they took what old people called thrash — thrush the doctors say now, or infection in the throat, a man and woman who had seven boys in succession without any girls—they'd blow in its mouth and it'd cure the thrash; they'd never take it. Or if the baby had never seen it's father."

More make-do remedies involved babies if they got whooping cough. The mother was to give them three drops of mares milk. To keep them from taking measles, she was

Continued on Page 5, Col. 1.

Dorothy Clark

Continued From Page 4.

Ts NOV 3 1974

supposed to put them three times under the mule's belly and up over.

Many old-timers remember the sassafras teas and taking off warts by rubbing a beet skin over them, "wrapping the skin up and dropping it and whoever picked it up got 'em." When somebody stepped on a nail, sugar was put in the hole, turpentine poured in, and "it didn't even get sore."

Others can remember the home remedies that either cured or killed. Some remembered the mustard seed poultice, the sheep dung tea, and hundreds more. And, to this day, some people are still that way. Some live so far back in the hollows you have to break daylight with a club. But with the coming of doctors and modern medicine, the use of home remedies is fast fading and/or completely disappearing.

The practice of witchcraft was once common in the hills of Kentucky and southern Indiana, but today is becoming more and more extinct. People lived in fear of the harm their enemies might cause them through witchcraft, and some individuals believed themselves to be witches. In primitive religions, witchcraft was just a form of magic and could be used for either good (white magic) or evil (black magic). Those who learned to practice it with apparent suc-

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cess had great power and prestige in their community. Witchcraft later became associated only with evil and witches were accused of getting their power from the demons. Many supposed witches were lynched or burned.

One can find few of those who have practiced witchcraft in their earlier days but fewer still of those who believe in this practice today. This story was told by an elderly lady concerning her childhood when a neighbor woman was accused of being a witch. "Her mother had saved up a big churn full of cream to make butter. "She churned and churned and never made a tablespoon of butter. Somebody told her that a witch was bothering her milk, and for her to put a silver dollar in that churn the next time she churned and if it was a witch that was bothering it, the witch would come while she was churning. She did as she was told, and the old neighbor woman they claimed was a witch came and nothing would do but for her to churn. She let her churn and said that she made the most butter she ever saw."

Witchcraft is seldom practiced in the hills today. Scientific experiments and inquiry has given man more knowledge of natural forces and disproved many of the old superstitious beliefs. Facts about the causes of physical and mental suffering have displaced mystery and fear.

But the following statement should prove that there are still some believers in the Wabash Valley. "Yeh, I ain't gonna tell you no lie. I'm just gonna come plain out and tell you the truth. Yes, they used to be plenty of witches. If you had read the Bible, you'd read in the Bible about witches and it says in the Bible what has been should be again. Well, if they was witches in those times, they can be now, can't they?"

Ts Oct. 1, 1978

Medical value, use, recognized

Community

Editor's note: This is part II in a series concerning the value of plants, poultices, and other methods used in earlier times for their medical properties, and the value of these methods in modern medicine today.

By DOROTHY J. CLARK
Women's Editor

The plants and poultices used to treat illness and disease in ancient times may seem unscientific by contemporary standards, but many of them have been adopted by modern medicine. The descendants of remedies known a thousand or more years ago are prescribed today to treat everything from headaches to heart ailments.

For at least 1,500 years, Indians of Peru and Bolivia chewed leaves of the plant *Erythroxylon coca* or rolled them in lime and held them in their mouths during treks across South America's high plateau country. The leaves enabled them to go without food, water and sleep for many hours.

Coca was discovered by the white man in the 1680s. The active ingredient was isolated by a German organic chemist in 1855. He named it cocaine.

Dr. Carl Koller used the anesthetic properties of cocaine in 1884 to kill the excruciating pain of cataract removal. No general anesthetic then was considered safe for such a delicate procedure.

Because of its toxic and addictive properties, cocaine had to be used carefully and judiciously. Fortunately, in the early 1900s it was possible to synthesize a much safer substitute, procaine hydrocholoride, now marketed as novocaine, and widely used as a local anesthetic.

Quinine For Malaria

Malaria has ravaged humankind since the earliest times. It has killed more people than all the wars in history. To the millions it did not kill it left a legacy of fever, chills and weakness.

The Collahuya Indians, "druggists of the Amazon," are believed to have been the first people to discover a treatment for malaria. For years they drank a potion made from the bark of one or more species of *Conchona*, flowering evergreens found on the eastern slopes of the Andes.

Powder from Cinchona bark was used in the treatment of malaria throughout much of the civilized world from about 1645 until 1820. In that year, two French pharmacists, Pierre Joseph Pelletier and Joseph Bienaime Caventou, isolated an essential derivative of Cinchona bark. It was named quinine from an old Indian term, *quina-quina*, meaning bark of barks.

For many years, quinine was pushed into the background by synthetic drugs that many physicians considered superior for malaria. Recently, however, the rise of resistant strains of *Plasmodium* causes malaria—has persuaded many doctors to turn again to quinine. The preferred treatment is often quinine with supportive synthetics.

Midwives Used Ergot

Ergot is a fungus with the botanical name *Claviceps purpurea* It infests rye and other edible grains. Persons who eat bread or other foods prepared from infested grain can suffer horrible disease. Ergot constricts the blood vessels and cuts off the blood supply to the feet and other extremities. These can become gangrenous and sometimes must be amputated.

Epidmemics of ergotism, called St. Anthony's Fire, killed thousands of people in France in the tenth and twelfth centures. There were outbreaks in New York, Kansas, and Ohio in the early 1900s and in the Russian Ukraine in the 1920s. Today, with careful milling operations, ergotism is virtually unknown.

Centuries ago, midwives of many lands employed a crude ergot preparation to aid delivery and control bleeding in childbirth. What they did was to make beneficial use of ergot's power to constrict blood vessels.

It was not until 1808 that ergot was scientifically recognized as an aid to childbirth. The use of derivatives of ergot is now standard in obstetrics to control bleeding, and an ergot derivative also is used to relieve migraine headaches. U. S. needs for ergot run as high as a million pounds a year.

Deadly Curare

Some of the most useful plant derivatives modern medicine has borrowed from the distant past are deadly poisons. One is strophanthin, the active ingredient of a species of the plant genus *Strophanthus* that the explorer David Livingstone found southeast African natives using as an arrow poison. The drug is too deadly to be given by mouth. Injected in doses as small as 1/1000 of a grain, however, it is a fast-acting heart remedy that can save lives in an emergency.

Curare was used as an arrow poison by South American Indians generations before the white man arrived. The poison caused animals shot with it to lose control of muscles essential to respiration and thus to die of asphyxiation. Curare and synthetics based upon it now are used as muscle relaxants in abdominal, rectal and other surgery. Such use frequently makes it possible to employ a relatively low level of anesthesia, thus reducing the risk of postoperative nausea and vomiting.

Next Sunday's installment will end the three-part series of feature articles. It will deal with drugs derived from old remedies used in the past to combat cancer.

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The story of Witch Hazel, 'simples' and other magic

Ts OCT 8 1978

Historically Speaking

By Dorothy Clark

Lest we need it, here's another reminder of the heritage left us by the Indians - the story of Witch Hazel.

The Hamamelis bush with its golden-flowered blossoms was discovered to have magic powers by Indian medicine men. They found it soothed the aching muscles and bleeding wounds of their warriors. Squaws, too, got relief from their back-breaking toil when the powerful lotion was rubbed on the skin.

The story goes that late in the autumn, the Indians noticed the mysterious blossoming of a bush, which occurred, to their astonishment after the leaves had fallen and when the branches were bare.

This striking peculiarity, so different from nature's general rule, led them to believe that the Great Spirit had revealed a shrub possession magic properties. They collected the twigs, boiled them and suddenly the phantom-like form of a beautiful maiden could be seen through the steam above the cauldron. The spirit was Witch Hazel.

It was understandable that the early settlers, who developed their own set of head-to-toe aches and pains, also found comfort in the healing properties of Witch Hazel. In fact, it served them as a general remedy, relieving not only wounds but softening weather-beaten skins and taking the sting out of insect bites.

One popular brand, Dickinson's Yellow Label, has been on the market since 1866. It's made from hazel bushes found near Essex, Conn., double distilled in pure water, in a plant operated by the fourth generation of the family. Containing fourteen percent alcohol, the label says it's good "for cuts, wounds, sprains, bruises, and also used as gargle and lotion."

SIMPLES

Early housewives' cupboards were full of "simples", home remedies learned from the Indians and passed down from generation to generation. The reader must make the judgement as to whether or not they can be applied today.

To cure Canker—use the bark from the white poplar root steeped in water. Swab the mouth and drink a little.

Fleas and vermin on dogs may be destroyed by bathing them in a strong infusion of lobelia for two or three mornings, washing with soap and water after each application.

Oil of sassafras left uncorked in a room at night will keep mosquitos away. It also relieves the itching of bites.

To clear a room of tobacco fumes, place one pint of hot water and three tablespoons of ammonia in a glass bowl. Let it sit overnight.

Face and hand lotion—Take one-fourth pound of honey and warm through; add one-half pound lanolin, then beat in one-fourth pound of almond oil. Cool and bottle.

Cure for Dysentery—A tablespoon of castor oil and 25 drops of laudanum for adults.

For Bladder Infection—One ounce crushed spearmint dissolved in a pint of warm water. Drink a wineglass-full every half hour until pain stops.

Spring Tonic—Mix one-and-one-half ounces of sulphur and one-half ounce cream of tartar with eight ounces of molasses. For children, give one teaspoon daily for four weeks.

Powdered starch is an excellent silver polish; it also removes stains from wallpaper when nothing else will. If, when washing windows, a small lump of starch is added to the water, the dirt will be removed more easily.

If you wish to keep a candle burning all night, put powdered salt on the candle, until it reaches the black part of the wick. In this way a mild and steady light may be kept through the night, using just a small piece of candle.

BOIL HAY

Sometimes new kettles have an iron taste. To remove this, fill it with water and boil a handful of hay in it. This hay-water can also be used to sweeten wooden and tinware.

Try hot, undiluted vinegar to take paint off glass.

Ivory handled knives which have darkened, may be cleaned by rubbing them with lemon dipped in salt, after which they should be washed in cold water.

To whiten piano keys—Yellowed ivory keys may be made white again by washing them with a sponge wet with a solution of hyposulphate of soda, then exposing them to the sun. Repeat process until desired whiteness is attained.

These home remedies, most of unknown origin, may be of dubious effectiveness. They were used faithfully by housewives

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Benefits from plants continue

This is the final installment in a three-part series dealing with our medical debt to the past, and the medical properties of plants. Today's story deals with drugs derived from old remedies used in the past to combat cancer.

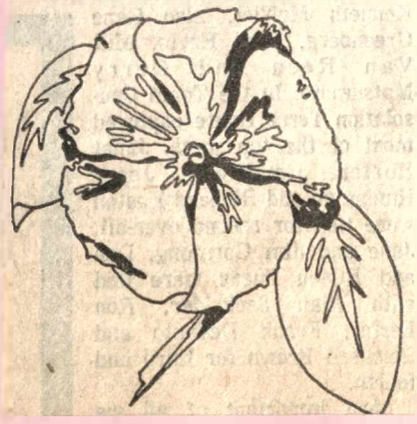
Ts OCT 8 1978

By DOROTHY J. CLARK
Women's Editor

There is little wonder that the number of primitive and ancient plant-derived drugs in use today is large. At one time or another during the long development of civilization virtually every known plant has been tried as a medication. Mankind still is benefiting from some of these experiments. In many cases, however, the results were disastrous. Uncounted thousands died of poisoning. To these nameless self-experimenters some portion of our medical debt to the distant past is owed.

Drugs derived from old remedies also are being used in the fight against cancer. The National Cancer Institute has begun to test in cancer patients the effectiveness of a promising new drug called maytansine. Such tests probably would have been conducted much earlier had Institute scientists known that cancer patients had been treated in Africa for many years with an herbal tea using a species of plant closely related to the east African shrub from which maytansine was isolated. Unfortunately, this was not known until after the shrub's tumor-inhibiting properties had been discovered during a massive program sponsored by the Department of Agriculture and the Cancer Institute to screen plants for compounds that might be effective against cancer.

Sources for maytansine include two species of the shrub *Maytenus* found in Ethiopia and Kenya. One of maytansine's most striking characteristics is its low-dose effectiveness in animals. It is indeed fortunate that a very small amount of the drug goes a long way since its concentration in Maytenus is so low that 10 tons of plant material are required to produce a teaspoon of maytansine.



Maytansine has been especially effective with mouse leukemias, and available data suggest that its most likely use in humans may be in the treatment of leukemia. Toxicity studies of maytansine in cancer patients have been completed, but effectiveness investigations have just started. Several years of patient testing will be required before scientists will know if the bright promise of maytansine will be fulfilled.

Indian Cancer Remedy

New anticancer compounds characteristically evolve with painful slowness. It was back in 1947, for example, that scientists from the National Institutes of Health reported in separate presentations before the American Society for Pharmacology and Experimental Therapeutics and the American Association for Cancer Research that podophyllin resin from the root of the mayapple, a perennial herb commnonly found in U.S. and Canadian woods, showed promise as an anticancer agent.

Althouqh the point was not made in either presentation, mayapple had been used as a cancer remedy by the Penobscot Indians of Maine, probably long before the white man came to North America. The Penobscots apparently passed their knowledge along to the colonists because private practitioners in the United States are known to have used mayapple in the treatment of cancer during the 19th century.

Fights Leukemia

Knowledge of the cancer-destructive properties of mayapple root resin has stimulated the synthesis of a number of derivatives. Two of them have been authorized by the Food and Drug Administration for National Cancer Institute trial in cancer patients. Thus far, they have given encouraging results, particularly showing evidence of activity against various forms of leukemia.

Among other anticancer plant extracts are compounds that first attracted attention as being possibly useful against diabetes. The compounds were obtained from the Madagascar periwinkle, *Catharanthus roseus*, a close relative of the common garden

periwinkle. In many parts of the world *Catharanthus roseum* had a reputation in folk medicine as an antidiabetic.

Tests were made by scientists at the University of Western Ontario and Eli Lilly, a U.S. drug manufacturer. Each found *Catharanthus* derivatives worthless against diabetes, but effective against leukemia in research animals. The Canadians discontinued their work, since their major interest was in diabetes. At Eli Lilly, however, cancer research was pursued with a number of *Catharanthus* derivatives, among them vinblastine and vincristine.

Vinblastine has been found especially effective in the treatment of Hodgkin's disease. Vincristine has been described by one authority as "a mainstay" of combination drugs that have been giving impressive long term survival rates in children with leukemia.

The *Catharanthus*, mayapple, and *Maytenus* experiences have persuaded researchers to take folk medicine more

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seriously. For example, Dr. Robert E. Perdue Jr., chief of the Agriculture Department's Medicinal Plant Resources Laboratory, now gives priority in his agency's plant collection activities to plants reported locally to be used for medicinal purposes.

Dr. Perdue says that after 16 years of screening plants and correlating results with information available from folklore, it is "evident" that the search for plants containing substances that are active against tumors would have been considerably more productive "if plant selection had been guided by folk knowledge."

Altogether, more than 70 drugs or their derivatives used by primitive or ancient peoples are in use today for a variety of health problems.

Scourges of the Wabash Valley and what they did

Historically Speaking

By Dorothy Clark

DEC 16 1979

Survival was more of a miracle than we realize in the early days of Mid-America. How our pioneer ancestors managed to live through the hardships and diseases of those days proves their toughness or sheer luck.

The mysterious disease, milk sickness, was a particular scourge in the Wabash Valley. Many a pioneer had reason to say with Abraham Lincoln's cousin, Dennis Hanks, "We war perplext by a disease cald milk sick," for milk sickness was a savage, pitiless disease that was universally dreaded.

Called staggers, tires, swamp sickness and trembles, it afflicted man and beast alike. Between the Salt Lick and the village of Evansville, the ground was strewn with the bleached bones of cattle that had perished from this illness.

In 1858, it had caused half the deaths in Dubois County, Ind. In Pigeon Creek, Ind., in the autumn of 1818, it killed Nancy Hanks Lincoln (Abraham Lincoln's mother) as well as his great-aunt and uncle. In 1839 it killed 50 of the 500 people living in Danville, Ind. Darlington, Ind., a small village, was abandoned because of milk sickness.

It was suspected that milk sickness was caused by drinking poisoned milk or cream. Just how the milk or cream became poisoned was not clear.

The symptoms of milk sickness included foul breath, dizziness, muscular pains, vomiting, intense thirst, rapid pulse, convulsions and unconsciousness.

Its victims took years to get well if they did not die. The only treatment which was really successful was the use of brandy and honey.

In 1839, John Rowe, a farmer of Fayette County, Ohio, presented striking evidence that milk sickness was caused when cows ate white snakeroot. It is not known whether Mr. Rowe's findings were written up in the medical journals of that day. At any rate, his ideas were not recognized by physicians.

It wasn't until 1917 that the facts were written concerning milk sickness. Then it was establishsd that Farmer Rowe was right. When cows ate white snakeroot, a strong poison, tremotol, was present in their milk. The poison was completely neutralized by drinking beverage alcohol. The therapy of our ancestors, brandy and honey, cannot be improved upon today.

But there were other problems that plagued early physicians. Cholera, which first struck in 1832, was still an important cause of death. It was frequently carried up and down river by travelers.

Pneumonia death rate was consistently about 30 percent. A special form of erysipelas in Indiana in the 1840s was usually fatal.

Prior to 1852, anesthesia was not used, and before its discovery even simple operations turned the operating room into a medieval torture chamber. The use of opium and alcohol did little more than subdue the level of pain.

Another disease which threatened life was malaria. As the name indicates, it was believed to be caused by bad air. The little Anopheles mosquito was not suspected as ths villian behind the malady.

An early doctor described an epidemic: "On a beautiful morning last summer, there came up from the South the deadly breath of the plague. It came from morass and swamp, from canebrake and cotton field, from village and city.

"Many flew from their homes upon which Death had set his mark and many others fell by their own firesides, strangled and shocked by the poisoned air. It touched the weak and the strong. It touched the young man and old. It touched the low and the high, and they were consumed as by the fire of hell .....

"The doctors went down into the valley and shadow of pestilence and met disease and death in all their horrid and sickening forms. Day and night they toiled and suffered without rest and without relief, ministering to the sick and comforting the dying until God shook the frosts out of the sky."

It was those self same frosts that stopped the little mosquito.

No question about it, the early doctors had some useful medicines, but compared to the medicines of today their stock was poor indeed. Medicine was almost entirely an art with very little science mixed in.

Death from disease was always just around the corner. As William E. Wilson wrote in his book, "The Wabash":

"You lived with death intimately in those days. Young or old, you were spared none of its tedious and obscene drama. You sat with it all day, helplessly, wondering what it was and whence it had come. You ate with it only a few feet from your table. At night, you slept wit it, hearing it fumble at the throat of the one you loved in the same room in the same bed. You could never escape it, shut it out, or forget it for a single moment. You could neither glorify it nor pretend that it was not there.

"And when, at last, it had finished and gone, you lived on, in the same shameless intimacy, with what it left behind, until you did what you had to do and found yourself standing bareheaded above a mound of wet and yellow earth that you had dug yourssIf, taking your leave in silence and without a ceremony."

This area was blessed with a goodly number of doctors of all kinds. The early ones came here from the east or south, unpacked their saddlebags and proceeded to set up a pioneer practice in the area.

Probably handicapped by a rather limited medical education, the early "sawbones" answered the calls of the afflicted and gave the benefit of his medical knowledge and skill.

His life was not an easy one. Roads were poor or nom-existent. Bridges were almost unknown. During high waters the streams had to be crossed in dugouts. On one occasion while making a call to a pioneer family, a local doctor encountered a large, brown bear reared up on his haunches blocking the trail.

No wonder doctors stopped making house calls.

'good angel'

Pioneer grandmother— every neighborhood's

Historically Speaking

By Dorothy Clark

S Ts
Sp APR 6 1980

Before the licensed physician with his diploma and magic saddle bags came into Vigo County, the pioneer grandmother, who by gifts of mind and heart and large experience, was the good angel of every neighborhood. A call to a sick bed, no matter what the weather or time of night, was a call to go on a ministry of mercy. Taught by her mother before her, she knew herb teas that would warm a chill or cool a fever. Almost every settlement had such a gifted, noble-hearted woman, whose life was beyond praise.

Contrary to most statements in novels, the health of the pioneers was bad. Poisonous vapors hung over the swamps and drowned woodlands which the sun was unable to penetrate. Those living in the river bottoms were subject to malaria (called shaking chills and ague). No one dreamed that the housefly, the flea, and the mosquito were disease carriers.

There was no science of medicine, only a practice. We know now that most of their diagnoses were wrong, but we do know that smallpox, typhoid, malaria, pneumonia, tuberculosis and bronchitis were prevalent.

Two diseases among small children were croup in the winter and cholera infantum in the summer. At least half of the babies died before reaching the age of four. No wonder there are so many tiny gravestones in the old cemeteries.

Treating Cholera

Here is a recipe for cholera infantum copied from the "Medical Investigator," published in 1847:

"Take a double handful of dewberry roots, a double handful of the roots of cranebil, and two gallons of witch hazel leaves. Boil these separately until all the strength is extracted. Strain and pour the liquid in one vessel and boil down to a quart. Add a pint of good French brandy and a pound of loaf sugar."

Or, take the following remedy for "yaller janders" (yellow jaundice): "Take a double handful of the bark of wild cherry root, an equal amount of the bark from the root of yellow poplar, a like quantity of sarsaparilla, same of red sumach roots, and half that amount of bitter root. Boil them in two gallons of water until it is reduced to half a gallon. Strain and let simmer down to a pint. Mix this with a gallon of hard cider, shake it well and add two ounces of madder. Take a half teacupful three times per day."

Bitter As Possible

These and other remedies illustrated the practice of the herb doctor, or "botanic physician" as they called themselves. They have only recently disappeared. Their concoctions were made intentionally as bitter and nasty-tasting as possible.

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In most cases the medicine was called "bitters."

Few homes could be found without its jug of bitters, and even today many people are unable to defend themselves against the patent medicine fakers who cater to this inherited weakness or fad for so-called "natural" remedies.

In addition to the "yarb" doctors were the so-called "calomel" doctors. Then there was the group called the "Thompsonians" who relied very heavily on vapor treatment. It was their theory that diseases should be sweated out of the system. Whatever the disease might be, the patient was clapped into the "vapor chair" and steamed as nearly to death as was thought safe. This treatment was usually supplemented by liberal doses of "white walnut" or calomel pills.

Here's Hot One

Lobelia was a standard nostrum with the "botanics." The standard lobelia prescription was as follows:

"Fill a jar with the green herb, lobelia, well-bruised and pressed, and for every quart the jar will contain, add four or five pods of red pepper. Then pour on enough good whiskey to cover the herb and let stand. The longer it stands, the better." This was called a sovereign remedy for phthisic, whooping cough, colds and catarrh. One doctor said that no careful man would be without a jar of good lobelia in the house, which together with a judicious use of warming teas, such as pennyroyal, catnip, balm, sage, etc., would save many dollars in doctor's fees, as well as children's lives.

In 1822, the "year of the terrible sickness," Governor Jonathan Jennings ordered a day set aside for special prayer and fasting because of the statewide illness. Local whiskey and hard cider was heavily used. Laudanum and quinine were called "barks," but many considered dogwood bark, plentiful in Indiana, as effective as the Peruvian.

Medicine Sales

A general store opened in 1815 in Princeton, Ind. One day's sales included a bottle of bitters, one dollar; rheumatic drops, two dollars; worm lozenges, 50 cents; box of itch ointment; bottle of "nervous cordial;" box dentifrice and brush for cleansing teeth.

In later years, the store carried castor oil, paregoric, laudanum, oil of wormseed, hartshorn, opodeldoc, extract of peppermint, "strengthening plarsters," and endless amounts of wine, brandy and cordials, reputed the very best medicine of all.

Historically Speaking

Dorothy Clark

~~Genealogy~~

Ts JUN 14 1981 Community Affairs File

Talk about preventive medicine! How about sulphur, molasses?

By DOROTHY CLARK

Preventive medicine?

On the frontier it was confined to giving children a mixture of sulphur, molasses and cream of tartar to purify the blood in the early spring. Also, they were dosed with sassafras tea to thin the blood and so make them fit to face the heat of summer.

Tonics were of as many varieties as there were people to prepare and drink them. A quart of whiskey would be put in a jug with some wild cherry bark, prickly ash berries and sarsaparilla roots added. The mixture was allowed to steep for several days. A swallow of this taken night and morning was said to prevent malaria, tone up the system and improve the appetite.

Other forms of bitters were brewed from sarsaparilla roots, bitter apple and other roots and herbs to stimulate the appetite and improve digestion. Rusty nails were put into a bottle of water, and a daily sip of this liquid was supposed to insure plenty of iron in the blood.

Ladled out to children for digestive disturbances due to improper food or excessive eating were all sorts of teas. These were made with sage, pennyroyal, ginger, sarsaparilla, beef, rhubarb, horehound, blackberry roots, oak bark and even sheep droppings.

Store tea was widely used as a hot beverage, but always in case of sickness — along with exotic and hard-to-find lemons, rice and oranges.

Children attacked by colic due to overeating were liberally dosed with castor oil. Appendicitis was commonly called "inflamation of the bowels."

Typhoid fever, called "slow fever," was acquired from drinking contaminated water from shallow wells. It was *treated by giving the patient calomel or "blue mass" and sometimes quinine and limiting his diet to soup and soft foods.*

In winter, coughs, colds, bronchitis, sore throat and pleurisy were widespread, and pneumonia was fairly common.

Even as today, every pioneer had his own remedy for a cold. Soaking the feet in hot water and imbibing hot lemonade or hot ginger tea before going to bed was the universal treatment.

The menfolk of a household usually regarded a "hot whiskey stew" as more effective. In any case the patient had to retire immediately and be covered with heavy blankets so he could "sweat the cold out of his system."

A favorite remedy for coughs and colds was whiskey in which had been dissolved a considerable quantity of rock candy. The most common cough syrup was made by making a strong tea of horehound leaves, adding sugar and boiling it until a thick syrup was formed. A teaspoon of this three or four times a day was a sure curefor a cough.

With no screens on doors and windows of homes located near streams or ponds, malaria was common. The myriads of mosquitoes produced by the water areas were the cause of this plague, but the settlers believed the "chills and fever" was due to eating green watermelon, excessive swimming in the creek or merely "being out in the night air." Noboby seemed to realize that "night air" was the same air breathed all day that stayed out after dark! The term malaria obviously means "bad air."

The remedy was quinine, but since gelatin capsules had not yet been invented, it was a bitter pill for youngsters to swallow. Sometimes it was dissolved in coffee, or wrapped in a piece of stewed fruit and gulped down. Often a quantity would be added to a quart of whiskey and the mixture shaken up and a swallow taken night and morning in chill *season as "preventive medicine."*

Chills were accepted as an inevitable part of life on the frontier. The man who was virtually "shaking the bark off the trees" with a chill in the late afternoon would be going about his work the following morning singing, whistling and apparently in the best of health and spirits.

One pioneer was quoted as saying that in his community a man who did not have a chill every other day and an addition to his family every year would hurry to a doctor to find out what was wrong with him!

The average pioneer settler, in addition to the use of home remedies, spent an astonishingly large percentage of his meager income for medicines both for external and internal use. Huge quantities of "liver regulator," "black draught," liver pills or "bile beans," were all advertised as sure cure for biliousness.

The typical 19th century American frontiersman was wan with fever, gaunt, and spindle-shanked. His wife was scrawny and peaked. Their children were sick and fretful.

"Death is their doctor, and the grave their hospital," observed Dr. Daniel Darling, a frontier physician in 1842 in the old northwest.

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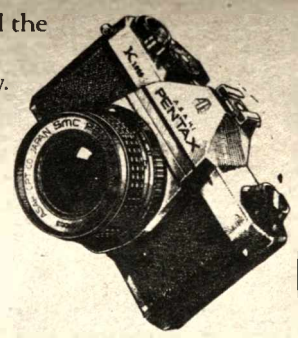

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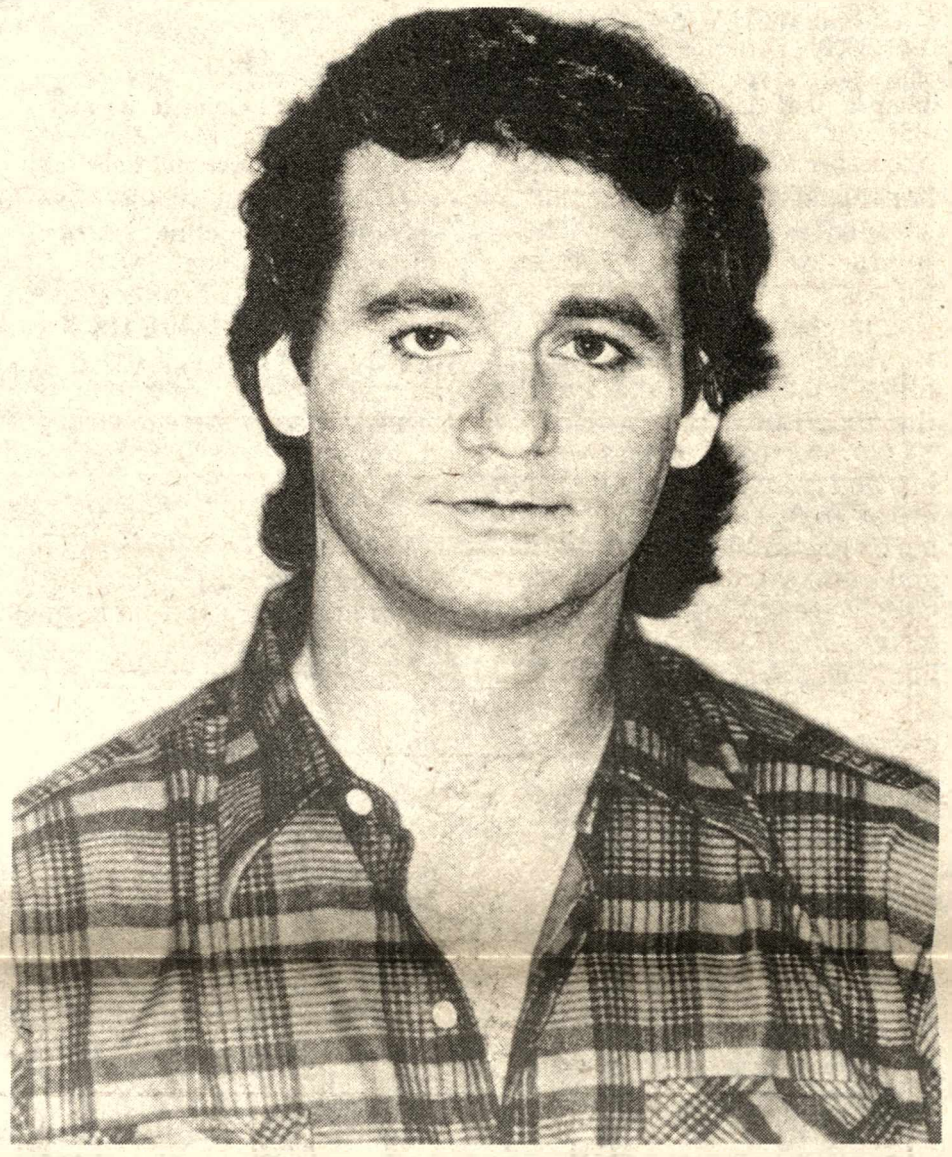
BETWEEN THE LINES

THE STORY BEHIND THE STORIES YOU READ ABOUT CELEBRITIES

By Josie

Q. *There were so many press reports about people from the Carter administration looking for jobs. Where did they wind up? K. Wagner, Hermosa Beach, Calif.*

A. Many wound up in teaching positions at universities or in private law firms. Two, however, wound up in show business. Former Democratic Chairman Robert Strauss and Vice President Walter Mondale are now on the board of directors of Columbia Pictures. The former vice president is a friend of Columbia-based producer Ray Stark.



Q. *I thought Rita Jenrette's appearance in Playboy was disgusting. What has public reaction been? F. Sloan, Montgomery, Ala.*

A. Columnists registered their disapproval of Mrs. Jenrette but the public seems to have responded quite well. Playboy reports the issue as a best-seller and Jenrette reportedly received a great deal of mail praising her actions.

Q. *Robert De Niro looked really upset after the Academy Awards when reporters asked about the "Taxi Driver" connection to the Reagan assassination attempt. Is he over it yet? S. Long, Baltimore, Md.*

A. No, his reaction has become more severe. Since the alleged assassin's connection to the film was revealed, De Niro has received over 300 threats on his life. As a result, he started shooting his newest film, "The King of Comedy," under the heaviest security a star has ever had.

Q. *How much in a film is improvised as opposed to what is strictly written in the script? J. Berenger, Chicago Heights, Ill.*

A. That depends on the director. Robert Altman has always had a reputation for improvising. Most directors, though, stick closely to the script. In the case of the new film "Stripes," starring ex-Saturday Night Live star Bill Murray, the whole film was improvised. They threw the script out on the second day of shooting.

Q. *This new actor, Rutger Hauer, looks so sinister in "Night Hawks." How much of that meanness was acting? J. Shellton, Galveston, Tex.*

A. Actually, he's quite a jokester. Last year, for example, the ruggedly handsome Hauer attended the New York Film Critics Awards Awards dinner in a dressier-than-most tuxedo and then took snapshots of the critics with his pocket camera. The assembled critics were not amused.

Anything you'd like to know about prominent personalities? Write: Josie, SUNDAY WOMAN magazine, 235 E. 45th Street, New York, N.Y. 10017. Sorry, we can't answer any letters individually.

Anything you'd like to know about prominent personalities? Write: "Between the Lines," Terre Haute Tribune-Star, 721 Wabash Ave., Terre Haute, Ind., 47808. We regret we cannot answer any letters individually.

Historically Speaking

T s AUG 9 1981
Valley
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Pioneers often lost disease battle

By DOROTHY CLARK

Early settlers lucky enough to attain the three score and ten years traditionally allotted to man usually bragged of their rugged good health and swore they had no aches and pains in their youth. They remembered the old days as being free of sickness and everyone was healthy and strong.

Those hardy souls were either afflicted with acute amnesia or had a constructive memory. While it's true that weaklings did not live long under frontier conditions, the vigorous poineers were human animals too, and subject to most diseases and ailments which afflict people today.

Many illnesses were the result of their way of life and lack of hygiene and sanitation. An entire family lived in a log cabin, sod house, dugout or rough lumber structure of one, two or at most three rooms.

Such a small house meant cramped quarters for big families who slept two or three in a bed with the windows tightly closed. The pioneer found it easier to close the windows than to chop more wood.

In the summer, unscreened doors and windows let in plagues of flies by day and mosquitoes by night. Disease germs were carried to food by swarms of houseflies in the kitchen. Mosquitoes carried malaria. Fleas abounded in the beds.

A nearby spring or stream was the source of water for household use. It was not always pure. The whole family shared a common drinking cup, gourd or tin dipper, washed in a single pan and dried hands and faces on the same towels.

A single water pail accommodated 30 or 40 youngsters and their teacher at the early schools. The traveling public shared their germs with the locals at the town pump, or the hotel with its soiled roller towel and bed covers.

Bathing facilities were extremely meager. In summer the pioneer and his sons swam in the creek or pond. In winter a washtub was used by the entire family every Saturday night. A single comb and brush were used by all the family.

Toothbrushes were unknown, but a hackberry root with one end chewed sufficiently to form a small mop could be used. It was dipped in salt and used to rub the teeth. The corner of a towel was used also.

Toothpicks of deer bone were used after each meal. Chewing gum, or "wax" as it was called in the South, was scarce, so a single chew was passed from mouth-to-mouth of three or four children for days at a time.

Under these conditions was it any wonder that one person with a communicable disease quickly transmitted it to all other members of the family and probably the entire community? Colds, flu, measles, mumps, whooping cough, scabies, sore eyes, etc., were common among American pioneers.

Small pox, reaching epidemic proportions, was serious enough to isolate the victims. Venereal disease was uncommon among rural settlers but by no means unknown.

Tuberculosis took its terrible toll, but was called "consumption" or "galloping consumption." Trachomas was called "granulated lids." The treatment for all these diseases was crude and quite unscientific.

Food for the average pioneer leaned heavily towards fats and starches, and enabled him to swing a heavy axe, hoe or maul for hours. Meat was plentiful where game was abundant, but salt pork, bacon or ham was the staple. Fresh meat was impossible to keep without refrigeration as were all perishable milk products.

There were no fresh fruits or vegetables during the winter months. Impatient children ate green apples or watermelons with disastrous results.

"Summer complaint" was caused by the overeating of plums, peaches, berries, grapes, green corn and other vegetables. Where milk was scarce, children drank strong black coffee.

Babies thrived as long as they were nursed, but too soon they were fed mashed potatoes, cabbage, spinach, squash, pie, cake and cookies. Many did not survive the fatal "second summer."

Only the strong and healthy survived, and one who lived to school age was likely to reach maturity and even a ripe old age.

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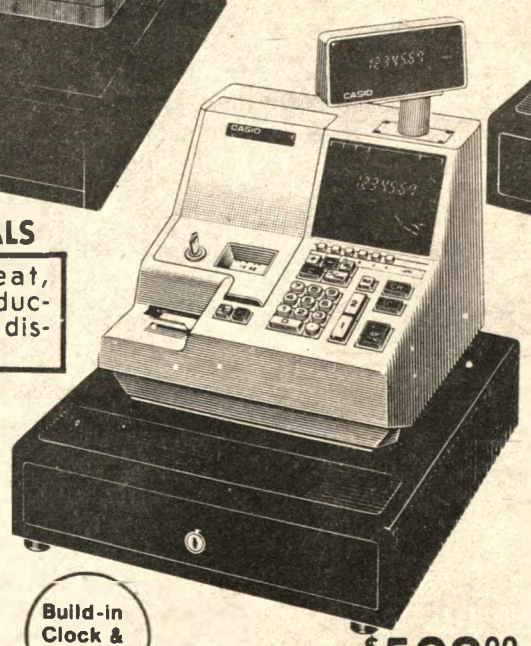

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BETWEEN THE LINES

THE STORY BEHIND THE STORY...

By Josie

Q. *I heard that Gregory Harrison of "Trapper John, M.D." deserted from the army during the Vietnam war. What happened? M. Jackson, Alex City, Ala.*

A. As Harrison explains, "I was drafted when I was 18 at the height of the Vietnam war and within three days I knew I couldn't remain in the army — I couldn't carry a gun, I couldn't kill people. So I filed for Conscientious Objector status, and they contested it. It was agony, I fought them for two years. They tried to break me, they persecuted me — they put me in a psychiatric ward for five weeks and I'd wake up some mornings with a guy holding a knife to my throat." Eleven months before his service was due to be terminated, Harrison was released from the army as a Conscientious Objector.

Q. *I heard that Burt Reynolds had bought some real estate from some gangsters. True? S. Friede, Tacoma, Wash.*

A. Not exactly. He owns a ranch (near his Jupiter, Fla., dinner theater) that has a nefarious past — it was built 60 years ago by Al Capone as a hideout for some of the mob characters who were too hot for Chicago.

Q. *Just how far do actors go in those sexy movie scenes? Those erotic sections in the new version of "The Postman Always Rings Twice" looked real to me. L. Pilcer, Dallas, Tex.*

A. According to Jack Nicholson, the scenes were a prime example of "sexual acting." While he and Jessica Lange may have appeared to be very involved in the action, they were, of course, just simulating the stimulation. Even if the scenes were totally faked, Nicholson obviously got some kicks from doing them. He's taken the really hot outtakes and is playing them for his friends on his home videocassette player.

Q. *Who's the other female singer with whom Carly Simon is supposedly feuding? H. Macklin, Elko, Nev.*

A. Linda Ronstadt. The story that Carly Simon's friends are telling is that Carly casually mentioned to Linda, while the two were in New York recently, that she was planning to do an album of torch songs, to be called "Torch." "Great idea," said Linda. After finishing her role in "The Pirates of Penzance" on Broadway, Ronstadt flew back to L.A. to start recording a new album composed of — you guessed it — torch songs.

Q. *What has Mick Jagger done to his health? Is he anorexic? K. Lefebre, Woodland Hills, Calif.*

A. No, but he obviously goes through periods when he doesn't eat much. A few weeks ago, the patrons of Nishi, a Japanese restaurant on New York's West Side, were more than a little curious when Jagger came in with three friends, ordered an elaborate beef dish, and then when it arrived, ceremoniously draped his napkin over it and stared at it. The restaurant was quiet as long as he was there, but once he left, the tables buzzed. The consensus was that he looked quite emaciated.

Q. *I saw Tim Matheson in "Almost Summer" on TV recently and he sure looked different than he did in "Breaking Away." What did he do? B. Ayers, Aledo, Ill.*

A. The reason Tim looked different is that the star of "Breaking Away" was Dennis Christopher. You may remember Matheson from "Animal House" in which he played the smooth, make-out artist of the rowdy frat house. Next film for him is called "A Little Sex" and will be out later this year. As for Christopher, he is currently starring on Broadway with Elizabeth Taylor in "The Little Foxes" and will tour with the show to London, Cairo and Moscow.

Q. *Whatever happened to David Carradine? A. Carlander, Joliet, Ill.*

A. Carradine has spent a lot of time the last few years in American "B" films and European low-budgets, but his performance in last year's "The Long Riders" brought him back to the attention of big movie producers. Now he's shooting a film in New York called "Serpent" about a huge bird that nests in the city and starts eating people. He's also trying to put together a film project of "King Lear" starring his brothers Keith and Robert, his father John, and his teen-age daughter Calista. Plus, in a big change from the period he spent brawling in bars and getting arrested, Carradine has cleaned up his act physically — he was spotted in a very trendy New York restaurant recently looking quite spiffy in a three-piece suit. He was seriously discussing business with a movie colleague while a blonde companion looked on admiringly.

Anything you'd like to know about prominent personalities? Write: "Between the Lines," Terre Haute Tribune-Star, 721 Wabash Ave., Terre Haute, Ind., 47808. We regret we cannot answer any letters individually.

Valley
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Historically Speaking

Pioneers had cures for rabies

By DOROTHY CLARK
Tribune-Star Writer

Most pioneers had a marked fear of rabies and every community sooner or later had its "mad-dog scare." Grapevine telegraph carried quickly the rumors of a rabid dog in the neighborhood.

Armed with rifles and shotguns loaded with buckshot, the men tramped the fields and woods in search of the animal. If a ferocious lion was loose in the vicinity it could not have created more panic.

The women remained close at home and tried to keep the children indoors by telling all the horrible tales they had ever heard of victims bitten and later going raving mad. The victim was alleged to have had convulsions, accompanied by foaming at the mouth and an insane desire to bite anyone who came near.

In his lucid moments, the poor soul was said to have earnestly begged to be put out of his misery, but nobody cared to accommodate him, so he suffered frightfully for two or three days before dying in great agony.

It was usually not difficult to keep the popeyed children indoors. Few of them could have been induced to step outside even for a moment.

When the animal had at last been tracked down and dispatched, the entire community heaved a sigh of relief, The incident was not closed, however. There still remained the task of slaughtering all dogs that had been bitten or that were even suspected of having been bitten. Better to be safe than sorry.

If by chance some person had been bitten by the rabid animal, which was seldom the case, he was immediately rushed to a "madstone" — if one could be found in a radius of 20 or 30 miles.

The stone, which was said to have been taken from the body of a white deer, was applied to the wound and if it refused to stick, it meant that there was no poison in the wound and no cause for worry.

On the other hand, if it stuck, there was no doubt but that the deadly rabies was present. When the faithful madstone had decided to call it a day and refused to cling longer to the wound despite repeated applications, it was regarded as evidence that a complete cure had been effected.

The madstone was then placed in a bowl of sweet milk and lurid stories were told of how the milk curdled and became green in color from the poison that it had drawn from the wound. In any case, the patient felt safe and returned home relieved of any further concern.

Other animals than dogs were alleged to have rabies, and there were hair-raising stories of experiences with rabid wolves and cows.

The bite of the small striped skunk was alleged always to produce rabies.

They were dreaded even more than rattlesnakes and any person bitten by one must rush to a madstone immediately. If such a cure was not available, it was commonly believed that he might as well make his will, arrange his worldly affairs, etc., and in the words of the old story, start making preferential list of those he expected to bite when he became mad!

The superstition with respect to the madstone was common on the frontier, but was only one of many relating to prevention or cure of ailments. A man sometimes carried a buckeye in his pocket to ward off rheumatism. A mole's foot was attached to a string and tied about a baby's neck to make cutting teeth easier. Also a small bag of asafetida was worn on a string around the neck of a child to keep away disease germs.

Because of the horrible smell, no one cared to get close to the child, so this probably protected him from persons carrying germs. The same reasoning may have been responsible for the idea that eating large quantities of onions would prevent taking a cold.

During the 1860s, tradition tells us that one of the most important items in Terre Haute was Mrs. Taylor's madstone. Its fame had spread far and wide and many people traveled great distances to use it.

In the Boston Transcript of 1865 appeared the story of a boy in Warren County, Ind., who was bitten by a mad dog. He was taken to Terre Haute and the madstone applied successfully. The article goes on to say that "on the first application the stone adhered to the wound for 14 hours. The patient returned home after he was assured that he was out of danger."

Lincoln exert Louis A. Warren of Fort Wayne confirmed the story of Abraham Lincoln's trip to Terre Haute to use Mrs. Taylor's madstone after his son was bitten by a dog.

In the Terre Haute Gazette of 1887 there appeared a news item concerning C. K. Bennett who lived 15 miles southeast of town. He was directed to Mrs. Taylor who lived then at 530 N. Ninth St. His small son was bitten by a cat.

Frank Teel who was born in Terre Haute in 1855 played with the children of Mrs. Taylor, John and Katie. They lived then on North Fifth Street between Fourth and Elm streets. He described the famous madstone as black and porous, like a black sponge.

He told that Mrs. Taylor had no regular charges — just took whatever was offered, from $2 to $10. Once a wealthy St. Louis man was so happy about his little daughter's "cure" he gave her $1,000.

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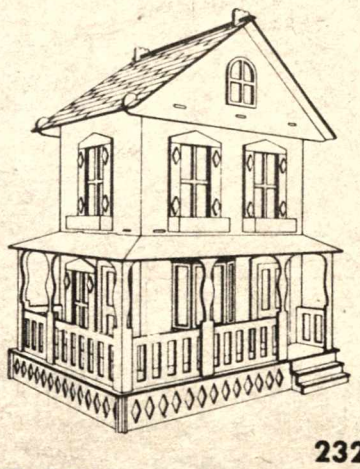

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BETWEEN THE LINES

THE STORY BEHIND THE STORY...

By Josie

Q. *Susan Anton and Dudley Moore really do look ridiculous together. Does he feel strange about the difference in their heights? Jane J., Roanoke, Va.*

A. No, *she* does. Being nine inches taller than her diminutive boyfriend seems to make Susan feel self-conscious, unfeminine and downright gawky, no matter how much Dudley reassures her. He, on the other hand, couldn't care less, and has started giving advice to women who date shorter men on how to relax and enjoy it.

Q. *I heard that David Frost got into a real brawl with someone while he was in London covering the royal wedding. What happened? S. Ryan, Perth Amboy, N.J.*

A. Frost was incensed by an item filed by Nigel Dempster, Britain's top newspaper gossip, about Frost's wife, Lynne Frederick and her former husband, Peter Sellers. According to Dempster, Sellers was planning to divorce Ms. Frederick at the time of his death, but left her the bulk of his $10 million estate — which she reportedly refused to share with his children. The kids then turned to their father's old friend, Spike Milligan, to intervene and he implored Lynne to give the kids some money. She pointedly refused. After this all appeared in print, Frost ran into Dempster in a bar in Mayfair where Dempster was chatting with ABC's Barbara Walters. Frost threatened to punch him in the mouth. Dempster countered with a letter threatening a slander suit. The matter is now in a stalemate.

Anything you'd like to know about prominent personalities? Write: "Between the Lines," Terre Haute Tribune-Star, 721 Wabash Ave., Terre Haute, Ind., 47808. We regret we cannot answer any letters individually.

Q. *I read that Lynda Carter is a born-again Christian. How can she justify doing her Las Vegas act in which she slithers around in skin-tight costumes singing suggestive songs? Frances R., Memphis, Tenn.*

A. Lynda, who showed her beauty-pageant-winning figure on TV as "Wonder Woman," continues to show it in filmy and skimpy costumes in her act. She admits she has no qualms about showing off her form. Somehow, she doesn't think it has a sexual connotation, merely a pleasant physical one and she honestly doesn't consider it exploitative or sinful.

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Community Affairs File

Historically Speaking

Valley
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Doctors, dentists, nurses quite rare in earlier days

By DOROTHY CLARK
Tribune-Star Writer

With the passing of the years, the old frontier days and ways have disappeared. Manners and customs changed, and this was as apparent in medical practices as in everything else.

The coming of the railroads brought in a larger population, towns grew up, and with economic advancement more physicians came in to open offices and begin a medical practice. They were, moreover, men of far more training and skill, in most cases, than had been the old-time frontier doctors. Hospitals supplied with modern equipment were established. Graduate nurses became available.

The old home remedies gave way to the prescriptions of physicians, and even the rage for old-fashioned "patent" medicines began to abate as scientific investigatons were made proving many of them worthless.

New remedies appeared on the shelves of the pharmacies and new treatments of disease were evolved. In addition, many of the ailments that had formerly afflicted the pioneers have largely disappeared.

Only in a few backward communities do the old medical practices still persist in the nature of customs that a century or more ago were virtually universal, at least in the rural districts of most states west of the Mississippi River, and in many east of that stream.

Dentists were even more rare on the frontier than were general practitioners, though one or two could usually be found at the more important towns. They advertised extensively in the local newspapers, offering their services at prices that shock present-day members of the profession.

"A fine set of false teeth" was offered for $8, and teeth would be extracted "without pain" at 25 cents each. Outside the larger towns, however, people paid virtually no attention to their teeth unless one began to ache. Then a hot poultice would be applied to the jaw or a cavity stuffed with a bit of cotton soaked in laudanum or some form of "toothache drops."

The loose milk tooth of a child was pulled by the parent with the fingers or yanked out by looping a bit of thread about it and giving a quick jerk or tying one end of the thread to the open door and suddenly closing it. If an adult's aching tooth could not be eased by medication, it was sometimes knocked out with a chisel or screwdriver and hammer, or pulled by means of a pair of bullet molds in the hands of a husky neighbor.

A traveling dentist equipped with a small case of tools of his craft would sometimes appear in a community, but he seldom did more than pull bad teeth and give some advice as to the care of those left. There is an ancient story to the effect that one old lady expressed her thanks to the Lord that she still had "two teeth left and they hit."

When false teeth became absolutely necessary, a trip was made to the nearest dentist, which sometimes required a journey of two or three days. Once there, impressons were made and the patient returned home to receive his teeth two or three weeks later by mail. Naturally they seldom fitted well and were usually worn in a pocket most of the time and placed in the mouth only when required for eating or when visitors appeared.

In addition to traveling doctors and dentists, spectacle salesmen also peddled their wares throughout many frontier areas, and persons with failing eyesight fitted themselves with glasses by the simple method of trying on a number of pairs and choosing the one with which they could see best.

There is an old story to the effect that one such salesman stopped at a country store in the backwoods on a Saturday afternoon and, observing that nearly every man of the considerable number of loafers assembled there had a red mark across the bridge of his nose, was very hopeful of doing a big business. To his disappointment, however, he was solumnly informed that none of these men had ever worn glasses but had acquired these marks in drinking corn whiskey out of a fruit jar!

While physicians and dentists were very few on the frontier, it was usually possible to obtain the services of either if the emergency were sufficiently grave, but often only after considerable delay. Trained nurses, however, were unknown. Sometimes there might be found in a community a woman who would care for sick people for hire, but this was unusual. Such a woman would today be called a "practical nurse," but to paraphrase Voltaire, "neither practical nor a nurse." At best she was only a person with considerable experience in the sickroom who was willing to come into a home and work on a 24-hour shift for the duration of the emergency, getting what sleep she could when relieved by relatives or friends of the patient.

Of professional nursing, however, there was virtually none. "Sitting up with the sick" was regarded as the plain duty of everyone if the need arose and some persons achieved a local reputation because they were "so good to wait on the sick."

Undoubtedly illness often served to strenghten the bonds of friendship and helped to promote that neighborly feeling and community consciousness so characteristic of the American pioneers.

Vigo County Public Library

BETWEEN THE LINES

THE STORY BEHIND THE STORIES YOU READ ABOUT CELEBRITIES

By Josie

Q. *I've always loved Frank Sinatra and I'd love to have a party for him when he plays Las Vegas. Do you think he'd even get the invitation? J. Frick, Las Vegas, Nev.*

A. He'd get the invitation. He'd even read it — he reads hundreds of such invitation each week. Would he attend? Highly unlikely. Besides, you've got competition: a fan in

Tokyo planned to fly in to Vegas to catch Sinatra's recent shows and was going to bring one of Japan's greatest chefs with the idea of throwing a tempura party for Ol' Blue Eyes. Sinatra was terribly flattered, reports his press aide, but didn't think it would be right to accept one fan's invite and turn down the rest.

Q. *I could have sworn that I saw Johnny Carson on a flight to New York laughing and joking with some military guys. Who does he think he is, Bob Hope? J. Krasnow, Sherman Oaks, Calif.*

A. That *was* Johnny — doing a spur-of-the moment stand-up routine for a group of Marine reservists heading to camp near New York. One of them sent a message to Carson (he was sitting in first class) asking if he'd come back and say hello. He did, and spent about an hour with the guys telling jokes and having pictures taken. Carson isn't generally known to surrender his privacy, but when he does, friends say, he is really quite generous.

Q. *Please settle an argument. My husband says that Jane Russell was married to Tom Harmon, the famous football player. I say her husband was a sports figure who died a few years ago. Who's right? Mrs. D. Rowlett, Terre Haute, Ind.*

A. You both lose. Jane was never married to Tom Harmon and the sports star she was married to isn't dead. Here are the facts: Jane Russell married her high school sweetheart, Bob Waterfield, who was an All-Star quarterback for UCLA and then the L.A. Rams, just after World War II and the marriage lasted several years. According to an aide of Russell's, though, the two remained on speaking terms and Waterfield is still quite alive and living in Southern California's San Fernando Valley.

Q. *Recently I met an actress named Anne Archer. Her face was familiar but I just couldn't place her. Has she made any big movies? C. Barrett, Midland, Tex.*

A. Her most widely seen film lately was the TV movie "The Pirate," which cast her as the long suffering American wife of a Middle Eastern tycoon, played by Franco Nero. She also was in "Hero At Large," a film with John Ritter that almost no one saw, and is cast opposite Ryan O'Neal in a film called "Green Ice" that is reportedly so iffy that it may not be released. But Archer is somewhat philosophical about the ups and downs of the movie biz. Her mother, Marjorie Lord, who played Danny Thomas' wife for many years on the series "Make Room for Daddy," taught her all about it while Anne was growing up.

Q. *There are times when I detect some hostility between Harry Reasoner and Mike Wallace when they're on the air. Is Reasoner feuding with Wallace like he did with Barbara Walters? G.Maas, Wellfleet, Mass.*

A. Not now, but there was tension a few years back. It seems that Wallace, who worked on game shows, commercials and even Broadway over 20 years ago, was resented by legit journalists when he began to take over their broadcast beats. That's what happened when Wallace landed at CBS in 1963 and was given Reasoner's show, "Calendar," retitled the "CBS Morning News." "Reasoner looked at me like I was a fly in his soup," says Wallace. But Wallace eventually proved himself and the animosity decreased. The men now insist they are friends.

Q. *I think the shows at the Burt Reynolds Dinner Theatre have been terrific but the critics around here always seem to slam them. What do they have against Burt? Sheila W., Orlando, Fla.*

A. Several apprentice actors in the Dinner Theatre acting program think the critics *do* have a grudge against Reynolds. "The critics seem to be uptight about what Burt is trying to do here," says one. "Just because he's a big Hollywood star, they knock him every chance they get." Specifically, every time Reynolds acts in or directs a production, his role is singled out for critical carving. Sometimes even his guest stars are slammed. "Deborah Raffin only got this role (in William Inge's 'Bus Stop,' a recent BRDT production) because she's a Hollywood crony," one critic wrote. That was a surprise to Raffin who'd never even met Burt. Reynolds, who has nearly made a career out of complaining about how critics mistreat him, is hoping to silence the Jupiter bunch if his latest casting coup comes off. He's reportedly talking Sophia Loren into making her stage debut by co-starring with him in Tennessee Williams' "The Rose Tattoo."

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Clark, Dorothy ~~Folklore (Ind.)~~ REFERENCE DO NOT CIRCULATE

Historically speaking

T s NOV 1 4 1982

Pioneers recorded special "cures"

By DOROTHY J. CLARK

It's fun to collect old "receipts" found in diaries, journals, day-books, letters, and even written in the family Bible. Vernon Taylor contributed this one for an "all-purpose cure" to be applied with a feather. It originated, he said, in Harrison County, Ind., and was a favorite of the late George Spore.

The six ingredients included one-fourth pint of amonia (ammonia), alchale (alcohol), arnica and wichasle (witch hazel) combined with one ounce of eather (ether) and "five cents worth of camphor gum. Your guess is as good as mine what kind of feather was used to apply this concoction to the human body.

Helen Hannon sent in this "receet" for a cough medicine. It required one cup of sugar and a half-cup of lemon juice. "Let come to a boil, but do not boil. Then add two teaspoonfuls of sweet spirits of nitre. Beat a little, not very much or it will go to sugar."

Chamber Lye Used

From an expert weaver's family secrets comes the receipt for making sure the homemade dyes remained steadfast and unfading. In the year 1839 indigo was selling for 33 cents for two ounces according to an old store journal. Madder, for red, cost 18 cents, and copperas, for yellow, 12½ cents. Shades of brown came from onion skins, barks of different trees and nut hulls, but were not so reliable. It was necessary to use what was called "chamber lye" by the pioneer housewife with a twinkle in her eye.

Those were the days before modern plumbing. Families understood the secret and, when there was dyeing to do, the secret ingredient was saved in sufficient amounts in the various vessels or chamber pots. Special containers were kept for the boiling and it was an outdoor job for sure. The wool was afterward washed and rinsed and dried in the open air and no trace of undesirable odor remained to betray the secret of the lovely, clear colors.

To make rag rugs from old woolen materials, another weaver offered this information. The materials were cut into inch widths and "hanked" by winding the strips between thumb and forefinger over the elbow into a loose hank. The hanks were tied in four places to prevent tangling in the dyeing process.

Tree bark was first boiled in water, then the hanks put in and boiled with it an hour or so. Hanks were then rinsed and hung on poles to dry in the shade. Hickory bark was used for yellow, oak bark for brown, walnut hulls for black, red came from wild cherry bark, poke berries or red sassafras roots. Purple came from sumac berries. These colors were all tub and sunfast if given the chamber lye treatment.

Fevers, Ager and Shakes

Endured by all early Hoosiers were the fevers, the ague and the shakes. The "ager" was serious but not often fatal, and it was a strange ailment. There were many different kinds, but the three best known were called Dumb, Shaking and Chill Fever.

Some people had their ager in the morning, some at noon and some in the afternoon. Seldom did anyone have it after eight o'clock at night. A few had ager every day and could set their clocks by their attacks while others had a remittent type which hit every other day. Still others had chills one day and fever the next.

Until an immunity was built up against the shakes, people had to schedule their work and appointments around ager time.

Oldsters said "Children were born with it," "Cattle leaned against the fence and shook with it," and "even an Indian dog had the malady." Occasionally a poor devil would have the ager so badly he would "shake so hard he'd rattle the dishes on a log cabin wall."

An ager attack came on with yawning and stretching and a feeling of being conked out. Fingernails turned blue and there came sensations of chilling, increasing until the teeth began to chatter. Then the chills increased until the victim literally shook all over and would continue shaking for as long as an hour. When the chilling subsided the ager turned into fever which generally was accompanied by a headache and perhaps a backache, which continued until there was copious sweating and a return to normal. Then, and only then, could an ager victim begin to stir himself around and get back about his business.

To a stranger the malady could look quite serious but people accepted it and would simply say, "Ah, he ain't sick, he's only got the ager." But the poor victim was weak, lanquid and felt pretty stupid and sore. His eyes had "too much white" and his ears had "too much roar." He was sallow and jaundiced and he remained that way until finally, after months and months of experiencing his "shakes," he got over the ager.

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Historically speaking

T s FEB 2 0 1983

City doctors listed in medical books

By DOROTHY J. CLARK

According to the 1890s edition of biographies of eminent American physicians and surgeons, Terre Haute had a population of 40,000 and six doctors who qualified for mention. They were Dr. John E. Link, Dr. Stephen J. Young, Dr. Leo J. Weinstein, Dr. Benjamin F. Swafford, Dr. T. W. Smith, and Dr. Madge Patton-Hawkins (later known as Dr. Madge P. Stephens following her marriage to W. W. Stephens).

Dr. Link was born in 1839 in Floyd Co., Ind., attending school there and in Paris, Ill. He entered Rush Medical College, Chicago, in 1860. In April, 1861, he enlisted in the 12th Illinois Volunteer Infantry, serving three months in the regimental hospital and three months as hospital steward in the 68th Illinois Infantry. In October, 1862, he was appointed assistant surgeon of the 21st Illinois Infantry, becoming surgeon next year, and serving in that capacity until he was mustered out in July, 1864.

At the hospital in Murfreesboro, Tenn., he introduced his "hollow cone stumps" theory for amputations and was promoted to operating surgeon. On his retirement from the army, he attended Chicago Medical College and graduated in 1865. He established his office in Terre Haute and practiced medicine, particularly surgery, until his death in 1912.

Dr. Young, of Scotch-Irish descent, was born in Cincinnati in 1829. He attended the Edgar County Academy at Paris, Ill., later graduating from Medical College of Ohio in 1851. He settled in Terre Haute until the outbreak of the Civil War. He enlisted in 1861 and served until 1865. On his return he located in Paris, Ill., for four years before returning to Terre Haute. In 1867 he served as coroner of Edgar Co., Ill.

During his war service he became assistant surgeon under contract at Bird's Point and Cairo. Later he was assigned to duty as assistant surgeon of the 48th Regiment Illinois Infantry. His service, except at Mound City Hospital, was wholly in the field. He served as chief surgeon of brigade and division with the Army of the Tennessee and Cumberland, and was twice captain in care of wounded at Shiloh and Chickagmauga.

In May, 1893, Dr. Young was elected to the Terre Haute City Council. While chairman of the Sanitary Commission of the Council, he was instrumental in establishing an abbatoir crematory, a sanitary inspector, and largely increasing the powers of the Board of Health.

Dr. Weinstein was born in 1848 in Cincinnati to a Russian father and a German mother. He received his early education there, also at Covington and Dayton. After attending medical lectures at Rush Medical College in 1867-68, he practiced as an undergraduate until graduation from Miami Medical College in 1874. In 1894 he spent time in the hospitals of Edinburgh and London. From 1868 until 1878 he practiced medicine in Piatt Co., Ill., arriving in Terre Haute in May, 1878. His son, Dr. Joseph H. Weinstein, also became a local physician.

Dr. Swafford was born in Randolph Co., N.C. in 1833, of Scotch and Welsh ancestry. His education was only common school level, and he was largely self-taught. His medical preceptors were in Paris, Ill. Graduating from Rush Medical College in 1858 where he was regarded as a fine anatomist, he returned in 1866 for a course of lectures.

Dr. Swafford practiced medicine at New Goshen from August, 1855, to June, 1874, when he moved to Terre Haute. During the Civil War, he entered Northern Army service as Second Assistant Surgeon, and was mustered out as Major Surgeon. He was once described as "an all around practitioner and if not particularly brilliant in any department, he had done whatever came to him and has done it well."

Dr. E. W. Smith was born in 1858 on a farm in Johnson Co., Ind., where his early life was spent. He entered the University of Louisville, completing his course in 1876. Locating in Indianapolis, he became an eminently successful artist. However, since boyhood he had yearned to become a surgeon, so in the fall of 1887 he entered Indiana Medical College and graduated in 1890.

The next year he entered medical college at Cincinnati and from there he went to Nashville, Tenn., for a special course in surgery. He completed his studies at Barnes Medical College, St. Louis, Mo., and in April, 1893, came to Terre Haute where he established a large practice. Many of his operations were reported in medical journals.

He was also an expert electrician and electrologist, and his associates pronounced him a mechanical genius because of the construction of electric batteries and machinery he invented. He was one of the first to use an x-ray machine of his own invention and construction.

Dr. Stephens was born Madge Patton in 1869, the eldest child of Samuel and Sarah E. Patton, of Scotch and French descent, living near Sullivan, Ind., where she attended grade school. She attended Indiana State Normal (now Indiana State University) for two years, taught school for five years in Sullivan County, and entered Indiana Medical College in 1891. Graduating in 1895, she was the first woman who entered to pass the state examinations for hospital positions.

However, she did not accept the position as intern in the City Dispensary, but continued her studies in surgery and diseases of women in the hospital, doing post-graduate work until June, 1897, when she chose Terre Haute to begin her practice of medicine for 59 years. She died in 1954. Her bravery and persistence in becoming a doctor here in Terre Haute was a difficult situation before the turn of the century. Male doctors closed ranks and made her life miserable for many years.

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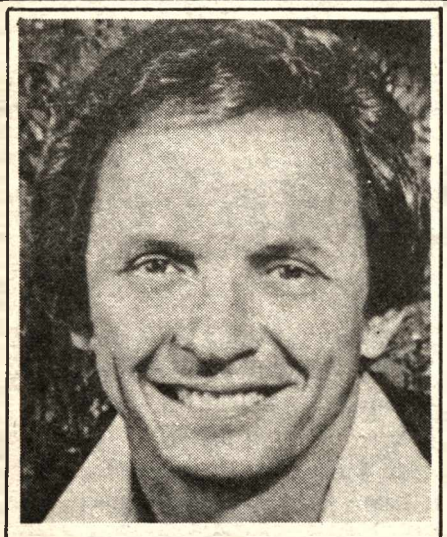
BETWEEN THE LINES

THE STORY BEHIND THE STORIES YOU READ ABOUT CELEBRITIES

By Josie



Mel Tillis

Q. ***I love Mel Tillis — he's my favorite singer. What's he been up to? B.H., Edinburg, Tx.***

A. We'd need a few pages for that. "Mel's a real workaholic," says a friend. "He never stops moving." That means that right now he's on the road, having just finished stints in Hawaii, Texas, Las Vegas and Canada.

He then plans to tape three TV shows: "Country Music U.S.A." for Ted Turner's WTBS, and "Bobby Bare's Songwriter Showcase" and "The Teddy Barg Interview Show" with his wife Judy for the new Nashville Cable Network. In addition, he recently recorded a new album, "After All This Time," which is due out this month.

And, of course, there's his molasses business. "Mel figured that if Paul Newman could do salad dressing, he could do molasses," the friend explains. "So he had a mill built on his 2700-acre spread in Ashland City, outside Nashville, and got FDA approval. So now he's making sorghum molasses."

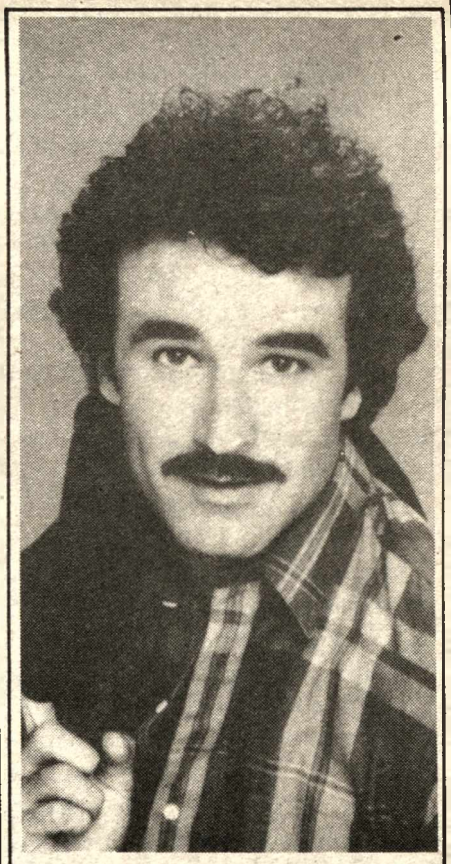
He recently formed a production company to produce movies and TV shows, chief among them "I Take This Land," a saga about the goings-on during the early development of Southern Florida. Then, when he's not touring, taping, brewing or scouting, he's reminiscing with noted author Walter Wager for an in-depth biography.

Q. ***I'd like some general information on Geoffrey Scott ("Mark Jennings" in "Dynasty") — where he's from, if he's married, etc. Chris Courtade, Port Allen, La.***

A. Scott, a Californian, is in his late 30s, and not married yet but engaged. Personally, he's known to be quite a charmer and is much like his character, Mark Jennings, at least physically. "He really is an athlete," explains a source close to the show. "Especially tennis. He's a very good player."

His skill on the court wasn't the extra factor that got him the role, however. "It was his legs," says the source. "Seriously. He had to test for the part in shorts. You can't have a tennis pro (Jennings' job) who doesn't have good legs. Geoffrey's are great."

His face isn't bad either, and you may remember him from his modeling days as the "I'd Walk a Mile for a Camel" man, or from earlier appearances on the series "The Virginian" or the soap "Dark Shadows."

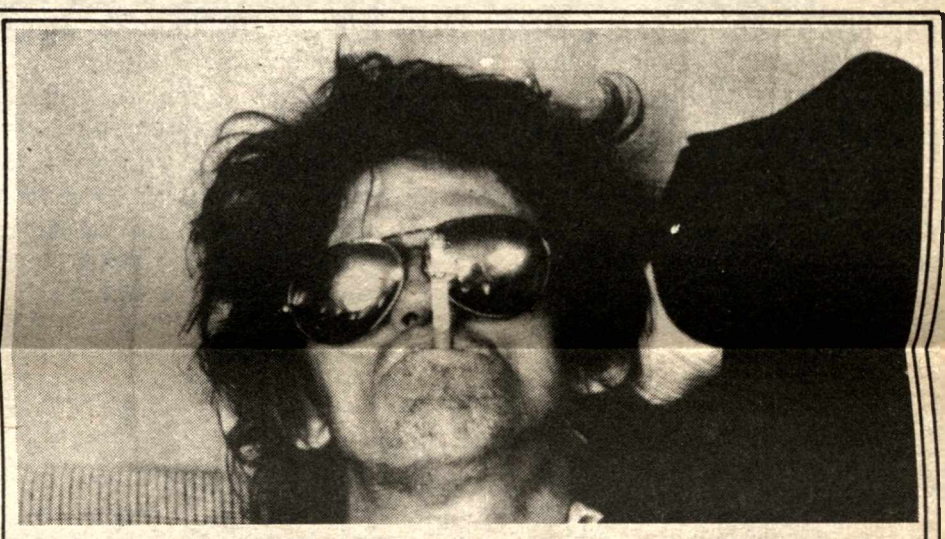


Geoffrey Scott

OK, STALLONE FANS, HERE'S ONE MORE:...

Sylvester Stallone's obsessive ways are really coming out on "Staying Alive," the "Saturday Night Fever" sequel in which he's directing John Travolta. Not only did he imprison the overweight Travolta in a gym with orders to knock off the weight, he also created a bit of havoc with Broadway schedules.

It seems that because the story line of "Staying Alive" details Tony Manero's move to the chorus of a Broadway musical, the perfectionist Stallone had to learn what really goes on backstage at a show. So he moved in on "Evita" and did heavy hanging around — so much so that the show's staff had trouble getting the curtain up on time. We're all for accuracy but the show must go on...



Keith Richards

Q. ***I read recently that Keith Richards plans to marry Patti Hansen. Can this possibly be true? M.B., Hartford, Ct.***

A. We say this with some trepidation because those two — like confreres Mick and Jerry — like to pull unexpected punches, but they probably will be married soon, or may even be getting married as you read this.

Even the usually exuberant mother of the bride seems exasperated by the whole thing. "I don't know where they are or what they're doing," said Mrs. Hansen recently from her Staten Island (New York) home.

They had planned to be married at Patti's local church by the end of the year, news which prompted hordes of fans to show up at the church and at the Hansen home, but they abruptly canceled the plans and flew to England instead. "I'm sure they will get married in the near future, but I don't know any more than anyone else," says Mrs. Hansen.

Anything you'd like to know about prominent personalities? Write: Josie, SUNDAY WOMAN magazine, 235 E. 45th Street, New York, N.Y. 10017. Sorry, we can't answer any letters individually.

Clark, Dorothy + Physicians (TH)

Early physicians in the valley served patients with long hours

Is SEP 18 1983

Historically speaking

By Dorothy J. Clark

Last week's column began the account of Terre Haute's early physicians found in a Christmas edition of the old Gazette.

Dr. L. W. Mahan was born in Mason County, Ky., in 1819. He began the study of medicine with Dr. Knight and attended medical lectures at Louisville and Baltimore before coming to Indiana to begin his practice in Putnam and Clay counties.

He became weary of the hardships of a country practice in 1851-52 and came to Terre Haute to open a drug store on the west side of the public square. Later he opened a store on the northeast corner of Fourth and Main streets. In 1857-58 he associated himself with Dr. Bell.

He was described as above medium height, black hair, blue eyes, a sparse form and blessed with a genial disposition, companionable and generous. He was a good physician. His health began failing some time before his death in 1876-77 at the age of 58 years.

Dr. G. W. Patrick was born July 19, 1819, at Wilkesbarre, Pa. He acquired a substantial English education and entered Parrish's celebrated drug house in Philadelphia as a clerk. While there he pursued the study of medicine and graduated at Jefferson Medical College. He then took a full course in pharmacy, and well equipped he came to Terre Haute in the early 1840s to form a partnership with Dr. Miller (whose records seems wholly lost). This association did not last long.

In appearance Dr. Patrick was tall, sparse, restless and nervous, a great sufferer from neuralgia and asthma. By 1860 his health became so impaired he closed his practice and opened the first prescription drug store in Terre Haute at the southwest corner of Sixth and Main streets. He died at the age of 55 in 1873.

A well-known and popular firm was that of the Armstrong Brothers. In 1863-64 they purchased the former home and office of Dr. Clippenger at the southwest corner of Seventh and Mulberry streets.

Dr. J. B. Armstrong was born in Bloomington, Ind., in 1829, and attended school at Bedford. He graduated from the Louisville University in 1852 and entered practice at his home. In 1858 he went abroad and spent four years in the hospitals in Paris and Berlin. In 1864 he located in Terre Haute and "continued in the active discharge of his duties incident to a large practice up to the time of his painful and unprovoked assassination which occurred in July, 1877."

Dr. Armstrong was six feet tall, full, erect and well-proportioned with a gentlemanly and impressive manner. His long residence abroad made him fluent in several languages, especially German, which served him well with his German patients here. He was appointed surgeon of the 31st Indiana when it was formed by General Cruft.

Dr. John C. Thompson was a native of Ohio. He was a private student of Prof. Chew, of Baltimore, and was graduated in 1852-53. After graduation, he served for some time in the Baltimore Alms House where he gained confidence.

He came to Terre Haute in 1856-57 and associated with Dr. G. W. Patrick on the northeast corner of Sixth and Ohio streets. He was a good surgeon and enjoyed a successful career. Of medium height, light complexioned and robust, with a convivial disposition, he was generous to a fault and dispensed "the rewards of a large and lucrative practice so that at last but little remained."

During the Civil War he served as a surgeon of the 11th Regiment, Indiana Volunteers. Failing health prevented his practice of medicine for some time before his death in May, 1893.

Dr. John A. Wood came to Terre Haute at an early day with the family who were intimate friends of Major Ogden, then a civil engineer in charge of the construction of the National Road. He returned to Baltimore and attended Maryland University, graduating with a medical degree in 1840. The following five years were spent in the Baltimore hospital.

In 1845 he returned and located in Terre Haute with Dr. Daniels until his death. Dr. Wood was of medium size, complexion, eyes and hair very dark, the latter curly. While courteous and hospitable at his home, he did not seem much inclined to mingle generally. His health failed, and he died at the age of 62 in October, 1882.

The names of Drs. Bell and Mahan, both popular and successful, became associated in 1858 and though widely dissimilar in appearance, tastes and manner, no two men were more in harmony with each other or maintained an association so long. Only the prolonged and fatal illness of the former was the cause of dissolution.

Dr. James Bell was born in County Armaugh, Ireland, on May 10, 1814, and came to this country when a boy with his parents, locating in Ohio where he studied medicine and graduated at the Medical College of Ohio.

In 1850 he came to this area and located in Prairieton. In 1856 he moved to Terre Haute and became Dr. Mahan's partner. Dr. Bell was described as medium height, wiry, active and determined, with "a head of medium size surmounted by a full suit of sandy hair inclined to stand on end, eyes not large but piercing and expressive." His death occurred Jan. 10, 1876, after a long illness.

Both he and Dr. Mahan responded to the call of Gov. Morton after the Battle of Shiloh and had charge of the hospital in Kraft's building, corner 13th and Main streets.

Dr. John H. Baldridge was born Nov. 9, 1840, in Morganville, Morgan County, Ind., and moved to Sullivan County in 1852. After serving a term as volunteer soldier in Company D, 43rd Regiment, he came home and began the study of medicine, with his father as preceptor. He located at Rossville, Parke County, in 1868 and began the practice of medicine.

He graduated at the Electic Medical Institute, Cincinnati, in 1873, and in 1876 moved back to Rosedale, where he was health officer. He was the attending physician at the time of the smallpox epidemic in 1882 with 53 reported cases. He moved to Terre Haute in 1884.

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Community Affairs File

Dr. S. O. Burris was born in Preble County, Ohio, on May 30, 1844. His father moved to Huntington County in 1861, and he enlisted in the 38th Indiana Regiment in 1863. Following graduation in medicine at Indiana Medical College in 1880, he practiced in Clinton County until 1890 when he moved to Terre Haute.

Dr. William E. Bell was born at Rosedale in 1866 and came to Terre Haute in 1882. He graduated from the Medical College of Ohio and began practicing medicine in 1890. He later occupied an office with Dr. Swafford.

Dr. Will H. Baker was born at Byron, N.Y. in 1858. His family moved to Pittsburgh in 1878, and he matriculated in Hahnemann Medical College, Chicago, from the state of Pennsylvania in 1882. He began practicing medicine in Medina, N.Y., then went to Rochester, N.Y., where he associated with Dr. J. A. Biegler. In 1889 he came to Terre Haute, and became associated with Dr. W. R. Elder.

Practicing physicians of Terre Haute in 1895 were C. F. Askren, William H. Baker, C. Taylor Ball, Samuel O. Burris, Henry H. Caldwell, James A. Cooper, John R. Crapo, Thomas T. Davis, W. R. Elder, Amos S. Erskine, Charles Gerstmeyer, Blan W. Hall, H. C. Hume, W. P. Armstrong, John H. Baldridge, William E. Bell, W. A. Byers, J. C. Casto, George W. Crapo and William J. Croziero.

Also, William S. Davis, James P. English, W. W. Ferris, E. E. Glover, William W. Haworth, W. O. Jenkins, E. L. Larkins, J. T. Laughead, J. E. Link, L. McClain, Edward McAllister, T. A. Mason, W. R. Mattox, Thomas B. Mayfield, A. L. Wilson Moore, Mrs. Wilmot Moore, T. Moorehead, E. S. Niblack, Madge Patton, Aleric T. Payne, Allen Pence, Lyman Pike and Spencer M. Rice.

Also, William H. Roberts, Walker Schell, F. W. Shaley, C. M. Smick, A. W. Spain, T. C. Spalding, E. T. Spottswood, Emma H. Stephens, T. C. Stunkard, B. F. Swafford, H. H. Thompson, B. F. Tomlin, M. H. Waters, C. L. Warden, O'Dell Weaver, S. D. Wier, L. J. Winstein, F. E. Wiedemann, L. J. Willien, J. R. Willis, Anna Wood, Charles Wyeth, S. J. Young and C. Zimmerman.

Community Affairs File

starvation to glory

Clark, Dorothy ~~Physician~~ Deceased

Doctors moved from

Community Affairs File

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T APR 8 1984

Historically speaking

Clark is Vigo County's official historian and formerly worked for The Terre Haute Tribune.

By Dorothy Clark
Special to The Tribune-Star

In these times of frequent malpractice suits against the medical profession, it's evident that well respected and loved family doctors are few and far between. The overworked doctors of today are insulated from their patients by numerous assistants, protective office help, shorter office hours, days off, long vacations and high fees.

The modern doctor leads the life of Riley compared to the early medical man of 130 years ago. A letter of 1854 was found in the papers of John G. Davis of Rockville. It was written by Dr. W. R. Nofsinger, a practicing physician, and was indeed a lament.

"Today has been a bitter cold day, the coldest of the year, and I have had to ride the most of the day and have been almost frozen. O what miserable business this thing of practicing medicine! I don't believe I ever can make a living again at the business. I find I can't stand exposure ... more than half of my constitution has been destroyed with sorrows and cares, and a perpetual struggle to get something to eat and wear ... I would like to have some honest way to make a living without killing myself to get it ... I don't desire to be very rich but I dislike this everlasting MEDITATION upon the prospect of starving."

Conditions improved for everyone in the ensuing 48 years to May 15, 1902 when the Terre Haute Gazette carried a detailed account of a banquet and reception given by Dr. E. L. Larkins at the Filbeck Hotel.

Over 70 guests attended, mainly members of the Wabash Valley Aesculapian Society of which Dr. Larkins had been a long time member. Early in the evening the guests began to assemble in the hotel office, later moving on to the parlor before marching into the large dining room.

During the evening it was clearly demonstrated how dependent the community was on the physician. One country doctor was called away by telegram, and several others were called to the telephones at intervals.

Dr. J. D. Mandeville of Champaign, Ill., said grace and then the serving of the many course dinner began. The menu included olives, bouillon, cheese sticks, radishes, broiled white fish with drawn butter sauce, Saratoga potatoes, and California wine. This was followed by sliced tomatoes, Boston brown bread, braised filet of beef axx champignons, new green peas in cream, browned potatoes, pineapple sherbet, roast turkey and dressing, with Claret wine. Then came asparagus tips on toast, mashed potatoes, lobster salad en mayonaise, vanilla ice cream, assorted cakes, cafe noir and cigars.

When the cigars were properly alight, the toasts began. In introducing them, Dr. Larkins read a few lines of poetry written by Dr. James Newton Matthews of Mason, Ill. They were appropriate to the subject and the speaker.

Dr. Charles Gerstmeyer of Terre Haute gave a brief review of the history of medicine and was introduced with this rhyme:

"From Galen down to Lister,
It was bleed, and purge and blister;
From Lister down, the Docs in
All the world are talking toxin."

Dr. Walter Thompson of Sullivan, Ind., told of the influence of the doctor's wife upon his professional success. He was introduced with this poem:

"The doctor's wife! Not hers to shun
The door bell or the telephone;
And when night comes, 'til ten to one,
She'll spend the most of it alone;
Much credit is the doctor's due,
But hers the greater of the two."

Dr. W. W. Tucker of Greencastle, Ind., spoke of the true power of medicine after he was introduced with this rhyme:

"The might of drugs lies in their proper use,
Their uselessness but follows their abuse;
And thus we see how much of good

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or ill

Depends at last upon the doctor's skill."

An early diagnosis was the subject of Dr. T. W. Moorehead of Terre Haute who was introduced with this poem:

"Considerations rise like plagues,
To fret the minds of men;
Be sure you always mark the egg
Before you set the hen."

Before William C. Ball, editor of the Terre Haute Gazette, was called on to speak of the physician and the press, he was greeted with this poem:

"Nay, nay, the kindly doctor said
Unto the printer man.
My skill must advertise itself
Alone, as best it can;
Go praise all others without stint,
But, pray thee, leave me out of print."

A quartette composed of Drs. Charles Patton, W. R. Mattox, L. P. Luckett and C. N. Combs sang an original song written for the event. The toasts continued until two a.m.

Local doctors attending were W. H. Roberts, J. P. Worrell, J. H. Miller, F. E. Wiedemann, George W. Crapo, S. M. Rice, DeEtta Brown, Madge Patton Hawkins, Walker Schell, H. L. Bernheimer, M. H. Waters, F. A. Tabor, J. A. Frisz and W. C. Eichelberger.

Also, Leo J. Weinstein, L. McClain, E. E. Glover, Charles Wyeth, M. A. Boor, C. C. Fisbeck, J. R. Crapo, C. R. LaBier, C. M. Smick, J. H. Weinstein, J. W. Cooper, D. N. O'Donnell, S. J. Young, W. E. Bell and M. R. Combs.

Out of town doctors attending the event included W. M. Ferguson of Nevins; J. C. Epperson, Kansas, Ill.; I. H. Miller, Pana, Ill.; H. McKenan, F. D. Lydick, C. B. Jared, J. W. Evinger and J. S. Musselman, Paris, Ill.; J. R. Crowder, James B. Maple and E. D. Huxton, of Sullivan, Ind.

Also, J. L. Froburgh, Robinson, Ill.; L. S. Byers of Seelyville; H. R. Vandiver, Clay City; P. H. Veach, Staunton; J. H. Carson and Frederick Russell, Brazil; G. W. Prewett, Marshall; P. O. Carrico, Ashmore, Ill.; S. B. Melton, Fontanet; A. A. Washburn, Clinton; Charles M. DePuy and F. M. Brunker, Riley; Charles N. Combs of Sanford; and W. W. Bruce, Casey, Ill.

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TERRE HAUTE, INDIANA

Community Affairs File

Bi-State wilds

PLANTS — IND + Clark, Dorothy

Ginseng—slow, gentle cash cro

Community Affairs File

IL SEP 22 1985

Imported plant flourished even in

The so-called American ginseng, native to the woodlands of the north temperate zone, was discovered in 1716 in Canada.

Once it grew abundantly in the rich, cool woods of the eastern North American continent from Quebec to the mountains of Georgia. Now it has been almost eliminated by collectors. The present supply comes almost entirely from cultivated plants.

For centuries Orientals have attributed magical healing properties to the ginseng plant's root. This perennial herb, the Asiatic ginseng, was cultivated extensively from the wild and was almost exterminated because of the wide demand for the drug plant.

At one time the ginseng obtained from Manchuria was considered to be the finest quality, and in consequence became so scarce that an imperial edict was issued prohibiting its collection.

The Jesuits introduced North American ginseng into China in the early part of the 18th century as a pearing root. These early shipments yielded such fabulous profits that ginseng became one of our most valuable export items.

In recent years the ginseng prepared in Korea has become the most esteemed variety. The root of the wild plant is preferred to that of the cultivated variety. The older the plant, the better the quality of the root is considered to be.

Historically speaking

Clark is Vigo County's official historian and formerly worked for The Terre Haute Tribune.

By Dorothy Clark
Special to The Tribune-Star

Ginseng's root is forked, giving a fancied resemblance to a man's body. This probably gives rise to the belief that ginseng has restorative powers when prescribed for the aged and impotent.

The Chinese pay large sums for the finest grade, but its value is mainly psychic, for there is no evidence that ginseng has more than a sedative effect and a mildly aphrodisiacal action upon vital centers. Available in health food stores, ginseng is chewed by those who have acquired a liking for its sweet, slightly aromatic taste similar to licorice root.

Ginseng of good quality is hard, rather brittle, translucent and comes in pieces about the size of the little finger. In price it varies from $12 to as much as $400 a pound.

Growing in the wild, the plants have palmately compound leaves, small greenish flowers in umbels and red berries. Plants grow as high as 12 to 16 inches. They are hunted in the fall after the leaves turn color.

The sale of ginseng was a money maker for early settlers of Indiana and Illinois. Men and boys spent days in the woods hunting and digging for the roots.

It required skilled woodsmen to locate the plants. The plants grew in almost any soil — clay, loamy, sandy, well-drained — and needed some shade. Average roots, when mature, were about the size of medium carrots. As soon as they were dug, they had to be washed, then spread out in an airy place to dry. In three to four weeks they would be bone dry and ready for market.

Conservationists insisted the hunters leave some for future harvesting and keep the source of supply flourishing. Plants take two years to germinate and another four years to flower. Root diggers ignored the old-time practice of planting a few seeds from the harvested plant to insure a new

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crop. It was important not to take up plants with one of two leaves, before the three-leaf stage when the plants had flowered and seeded.

At one time it was the custom among farmers to grant their sons three days each season to dig "sang." In this way the boys earned a little pocket money of their own. Many times it was spent on circus tickets.

An 1817 Gazeteer mentions that ginseng "grows in the Wabash River bottoms to a perfection and size never before witnessed." A ginseng factory was moved to Logansport from Indianapolis in 1830, the steamboat days. Its owner, James Blake, carried on an extensive business in bleaching the drug and shipping it for the Chinese market. This factory was the outlet for much of the ginseng dug in the Terre Haute area.

A century later, during the Great Depression of the 1930s, ginseng became important to the local economy again. Diggers could sell the roots for about $5 a pound. Unemployed men could hunt and trap, fish, join the mussel-men and dig "sang" and eke out a living for their families living along the Wabash River.

The greatest demand for the ginseng now comes from China, Japan, Korea, Asia and Russia. The cultivated root is much larger and darker; the wild root is still the most popular.

Whether chewed dry or used ground into powder for hot tea, this root is one of the most expensive botanicals in the vegetable kingdom. Regarded by some as a panacea and giver of energy, ginseng is distinguished by the slowness and gentleness of its action. Its mild sedative and tonic action to nerve centers, is supposed to increase capillary circulation of the brain and is given by some medical men in cases of cerebral anemia.

Vigo County Public Library

Home remedies

Patient, beware, but some worked

Clark, Dorothy

TS NOV 02 1986

An anonymous source agreed to share recipes, household hints, home remedies and other hints handed down through the generations from her ancestors who lived in the Kentucky mountains. She likened the homeplace of these pioneers to someone's definition of a "holler" or hollow — a narrow valley surrounded by hills so high that in the morning sunshine is piped in, and moonshine is piped out at night.

Doctors were scarce and modern medicines and drugstores were unavailable, so home remedies using herbs, bark, roots, weeds and other natural substances were used for years in many Kentucky mountain homes and those in hilly southern Indiana.

These remedies killed or cured, and they're not to be taken internally or externally without the knowledge (and consent) of the reader's family physician.

Back then children had earaches a lot. Granny would put castor oil, just a drop, in the kids' ears. Then she would apply a hot cloth that was heated by the fireplace, a dry cloth, and the ears would quit hurting.

For a bee sting, she would take a raw onion, if onions were in season, and put it right on the sting. If onions weren't in season, she would combine salt, soda and water and put it on the sting. Both of these were used, and they helped.

To cure the colic, which comes in babies, older children and adults, she used ginseng. For babies, she used ginseng roots in tea, added sugar and gave it to the babies. For the older ones she boiled the roots in the tea, sweetened it, and they drank it. Colic is a strong painful gas pain in the stomach, she said.

A lot of people got tonsillitis back then. She would tell them to gargle hot salt water and put a little catnip in it to take the pain and swelling away, or mix hot water, salt and catnip, and put it in a rag and wrap it around their necks. For the sore throat, she would make a poultice of maize oil and put it on a rag and wrap it around the neck. It takes out the soreness.

Yellowroot was used for many different things. For example, it was used as a tea for colds, in a baby's mouth for the thrash and sores. Burbine, Feverweed and Pennyroyal were used for colds. Dog fennel would take the fever down. A small branch of hemlock (spruce pine) could be cut up and boiled to drink for a cold. A mixture of hemlock and Mullein was good for the common cold also if made into a syrup.

A lot of kids got worms from eating sweetening too much and they used to make medicine out of vermifuge to cure them. Mother Gray's Worm Powders were still used in the 1920s.

This same woman recommended turpentine for snakebite. For a burn, she put very fresh cow manure on it to keep it from blistering. For poison ivy she put jeweled weed (wild touch-me-not) on it, and it would dry up. Slippery Elm and waterweed also were used.

Drinking sassafras tea was supposed to bring down high blood pressure. One old lady recommended eating a little bit of garlic every day for a month. That would bring it down to normal, then you could eat just a bite or two of garlic once or twice a week to keep it down.

To make measles break out good, the pioneers would give the person a hot toddy made of whiskey, hot water and lots of sugar. Then the little toper would be put to bed and covered up good. The next morning they'd be broken out all over. Sheep manure also was used for measles!

Remember Jack and Jill who tumbled down? Well, the old hill country remedy still was to wrap brown paper soaked in vinegar around the sprained ankle to ease the pain. Sulfur and lard were mixed in a salve to put on sores and scabbed knees. Black salve with tar was used to heal sores on shoulders of horses where the collars rubbed. What was good for the horse also was judged good for people.

The dried root of Bloodroot, beaten into a powder and stuffed up the nose and snuffed up even farther, was the cure for sinus trouble. Mustard seed was the home remedy for a headache. Jimson weed or the lining of an egg shell would bring a boil to a head.

Ginseng, Yellowroot and a little Bloodroot mixed with the patent medicine Black Draught and boiled into a syrup was supposed to cure rheumatism if imbibed. Does the Arthritis Foundation know this?

If a person wanted everlasting life, he was advised to make catnip tea, or any drink with catnip in it. Cultivated cherry tree bark was considered a good tonic and blood builder.

The old mountain Granny had one recipe this writer could recommend. It's the very old, mouth-watering recipe for Biscuit Pie. Split cold biscuits (leftover from a previous meal) and place a layer in a deep platter. Add a layer of canned apples flavored with cinnamon. Add another layer of biscuits and another layer of apples. No heating is necessary. A little whipped topping on this and it just might be a new taste treat for the family. Who knows?

If all this has given readers warts, here's a cure for them, too. Go to a neighbor's house, steal a dishcloth, rub it on your warts, and go hide the dishcloth. When the dishcloth rots, the warts will go away. Yes, it's true. A few of these old remedies also need a little magic to work a cure. Good luck!

Historically speaking

Clark retired as The Tribune-Star women's editor in 1980. She has written a local history column for 30 years. She is Vigo County Historian.

By Dorothy J. Clark
Special to The Tribune-Star

Community Affairs File

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*Clark, Dorothy

A house call to remember

Young doctor wrote tale of bone-chilling mission

TS DEC 17 1989

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Dr. J. W. Hitchcock, one of our pioneer medical men, had a most unusual experience in the winter of 1830-31. He was called to go relieve a Mrs. Riddle "who had up-set her jaw." This poor woman lived about 20 miles outside the little town of Terre Haute.

Getting up early in the morning, she yawned so thoroughly that she put too great a strain on her jaw and threw it out of place, and there she was, with her mouth wide open and unable to close it. Of course, it was painful.

Dr. Septer Patrick and Dr. Hitchcock were partners and their office was located on First Street in what was known then as "Rotten Row." Dr. Modesitt had his office nearby, there was Wasson's tavern, McCabe's hat shop and grocery, and Osborn's printing office. Judge Gookins was the journeyman printer, and Judge Kenney was the editor.

Riddle lived in what was called Christie Prairie beyond Lockport, now the town of Riley, and he landed in Patrick and Hitchcock's office and told them that his wife had "gaped her jaw out of joint."

As Patrick was getting old and had a new wife, and as Hitchcock was young and had no wife, it fell to his lot to go on the mission of healing and mercy. That was about the size of the fee he knew he might expect.

It was in the dead of winter, wet, and the mud frozen on top only. The doctor estimated that two miles an hour was all he could make. Riddle, the husband, was keeping as near up to him as he could, but he had a jug of "tea," he called it, in his saddle bags.

By the time they reached Honey Creek, Riddle had examined his jug so often that he was wrecking the stock, and the liquid began to leak out of the saddle bag. The doctor thought the tea was about a week old. Anyway, in trying to put the cob back into the mouth of the jug, he dropped it and the "tea" ran out. As well as he could talk, by this time, he told the doctor he would stop and pour the liquid out of the saddle bag back into the jug and then follow on after.

The doctor went on alone, inquiring the way, and found the cabin late in the afternoon. In a minute, he had relieved the poor woman's suffering. He could not attempt to return until the next day and the night was very cold.

The next day the ground was frozen hard, and his horse could travel better than on the day before. He met Riddle on the way, sober and dejected, and hardly life enough in him to inquire if his wife could now shut her mouth.

According to Hitchcock's report: "I came out of the woods about ten o'clock, and when I had reached the point where the county road, by which the day before I came out, crosses the Lockport Road, the spirit which inclines me sometimes to avoid old ruts and charge for myself, induced me to ride straight for town. The glistening ice of Lost Creek and the view of Terre Haute three or four miles distant led me to try the short route.

"The cupola of the courthouse, the only part of the town I could see, stood up plainly in the distance . . . and so I determined not to go back by the Bloomington road and the bridge.

"I rode down to the widespread ice and upon it at the usual crossing place. It proved too weak to bear us, I and the horse. Although breaking through at every step, I urged him onward. His forefeet would be upheld until he raised our whole weight upon it, when it would break. In this slow way we reached about the middle of the stream, and my good horse became discouraged and stopped.

"He stood shaking as if alarmed, and I could not persuade him to move another step. I dismounted and wading broke the ice to the shore and yet he would not move. I tried to lead him, talked to him in soothing terms . . . I was freezing."

Hitchcock had been in the habit of talking to his faithful friend in a kindly manner. After all, he had carried him from New York through Buffalo to Cleveland, thence to Cincinnati and via Brookville, Rushville and Indianapolis to Terre Haute.

The water was about three-feet deep and the northwest wind was even colder. His wet clothes were getting stiff and icy, and he remarked to his Friday friend that he must get out of this or freeze.

"Going behind him I informed him he must move for his life," said Hitchcock, "and at the same time applied the lash with a force he had never before felt. He plunged forward in perfect terror, and plunge after plunge brought him to terra firma where he stopped to wait for me. I mounted as quickly as possible and went for a doctor (Dr. Patrick) . . . he was frightened when I presented myself before him.

"The thermometer had stood at zero all morning and up to noon and to the time of my arrival. He soon brought me something hot. What it was I did not know but I detected ginger, sugar and caloric and suspected his young whiskey (six days less than a week old).

"I could not object without hurting his feelings and I swallowed it. I was soon all right and comfortable, except a tenderness that was in my hands and ears.

"I never afterward heard of Riddle and his gaping wife, but I have an impression that they left the State and went to Edwards County, Illinois, to a place called Bone Gap, a little town to which perhaps they gave the name."

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